

Gratitude Self-Reflection Questions

This free resource is provided by Daily Christian Affirmations as a self-reflection guide to accompany the video [Gratitude as a Spiritual Practice](#) found on YouTube.

These self-reflection questions on gratitude, great for personal or group study, blend biblical wisdom from both the Old and New Testaments along with modern self-care and mental wellness practices:

1. How have I seen God's faithfulness in my life recently?

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning." — Lamentations 3:22-23

→ **Reflection:** How can I cultivate an awareness of His daily blessings?

2. What am I most grateful for today, and how can I express that gratitude?

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." — 1 Thessalonians 5:18

→ **Reflection:** How can I share my gratitude with others in words or actions?

3. How has God provided for me in ways I did not expect?

"And my God will meet all your needs according to the riches of his glory in Christ Jesus." — Philippians 4:19

→ **Reflection:** Can I see hidden blessings in past challenges?

4. How can I turn my worries into prayers of gratitude and trust?

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." — Philippians 4:6

→ **Reflection:** What worries can I surrender to God today?

5. Who in my life has been a blessing to me, and how can I turn that into a blessing to/for others?

"A generous person will prosper; whoever refreshes others will be refreshed." — Proverbs 11:25

→ **Reflection:** How can I intentionally encourage or serve someone today?

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6. How do I see the goodness of God in creation and in my daily surroundings?

"The heavens declare the glory of God; the skies proclaim the work of his hands." — Psalm 19:1

→ **Reflection:** How does being mindful of God's creation enhance my gratitude and well-being?

7. In what ways can I practice gratitude for my own body and well-being?

"Do you not know that your bodies are temples of the Holy Spirit?" — 1 Corinthians 6:19

→ **Reflection:** How can I care for my physical and mental health as an act of gratitude?

8. What challenges have I faced that, in hindsight, I can now be grateful for?

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance." — James 1:2-3

→ **Reflection:** How have struggles helped shape my faith, character, or resilience?

9. How can I cultivate a daily habit of gratitude that aligns with my faith?

"Bless the Lord, O my soul, and forget not all his benefits." — Psalm 103:2

→ **Reflection:** What simple practices (journaling, prayer, speaking gratitude aloud) help me stay mindful of God's goodness?

10. How can I use my gratitude to be a light to others?

"You are the light of the world. A town built on a hill cannot be hidden." — Matthew 5:14

→ **Reflection:** How can I share my gratitude and joy to encourage and uplift others today?