THE FAITH STUDIO

FALL JOURNAL CLUB

A SEASON OF RELEASE & GRATITUDE



NOVEMBER

When Gratitude Becomes Thanksgiving

When you reap the harvest of your land, you shall not reap to the very edges of your field or gather the gleanings of your harvest. 10 You shall not strip your vineyard bare or gather the fallen grapes of your vineyard; you shall leave them for the poor and the alien: I am the Lord your God.
Leviticus 19:9–10 & Ruth 2

REFLECT BREATHE JOURNAL PRAY

01 | Notice

As you reflect on this season of your life, what are you grateful for?

- Consider people, experiences, opportunities, or ordinary moments that have been meaningful.
- What has sustained, encouraged, surprised, or supported you?
- Is there something you appreciate now that you may not have recognized earlier?

02 | Explore

What does gratitude look like when you make room for the fullness of your experience?

- Consider what has been life-giving alongside what may have been difficult or disappointing.
- Are there things you appreciate without necessarily being grateful for everything surrounding them?
- What might it mean to practice gratitude without minimizing your experiences or requiring yourself to feel a particular way?

03 | Express

How might the gratitude you recognize within yourself find expression beyond you?

- Consider the different ways you communicate appreciation through words, actions, presence, or generosity.
- Is there someone whose contribution to your life you would like to acknowledge?
- What forms of thanksgiving feel natural or meaningful to you in this season?

04 | Consider

What does the image of sharing the harvest invite you to consider about giving and receiving?

- Think about the resources, wisdom, relationships, experiences, or gifts available in your life.
- Where have you benefited from what someone else has shared?
- What might you have to offer others, and where might you welcome receiving something yourself?

05 | Connect

What does it mean to participate in a community where care moves in more than one direction?

- Consider experiences of offering care, receiving care, or witnessing people care for one another.
- What helps you experience a sense of belonging and connection?
- How might mutual care take shape in your relationships, neighborhood, faith community, or other spaces you inhabit?

Gracious God, help us recognize the gifts in our lives and express our gratitude through generosity and care. May we be open to both giving and receiving, remembering that we are called to care for one another. Amen.

