

FREE PRINTABLE • KING JAMES VERSION



7-Day Thanksgiving Scripture & Gratitude Plan

One short reading a day • Seven gratitude prompts

Reading • Key verse (KJV) • Gratitude prompt • Check it off

“Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.”

PSALM 95:2 (KJV)

BYSRIPTURE

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BEFORE YOU BEGIN

How to Use This Plan

Thanksgiving is more than a meal—it is a posture of the heart. For seven days, walk through Scripture on gratitude and thanksgiving, then write what you notice. Use it the week before Thanksgiving, any November week, or whenever you want to grow a thankful habit.

- 1 Read.** Open your Bible to the day's passage. Read it slowly—aloud if you are with family.
- 2 Notice.** Read the printed key verse (KJV). Underline a word that stands out.
- 3 Give thanks.** Answer the gratitude prompt in the lines below. Be specific.
- 4 Pray.** Turn what you wrote into a short prayer of thanks.
- 5 Check it off.** Tick the box and color the tracker. Missed a day? Just pick up today.

MY 7-DAY GRATITUDE TRACKER

Color in each leaf-day as you finish it.



1



2



3



4



5



6



7

START YOUR THANKSGIVING LIST

I am thankful for...

Day 1 – 3

DAY

1

DAY 1 Read **1 Thessalonians 5:16-18**

done ☐

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

1 THESSALONIANS 5:18 (KJV)

Give thanks: List three ordinary mercies from this week you might usually overlook. Thank God for each one by name.

DAY

2

DAY 2 Read **Psalms 100**

done ☐

“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.”

PSALM 100:4 (KJV)

Give thanks: Before you ask God for anything today, write three sentences of thanksgiving. How does that change your heart?

DAY

3

DAY 3 Read **James 1:16-18**

done ☐

“Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.”

JAMES 1:17 (KJV)

Give thanks: Name one “good gift” and one “perfect gift” God has given you. Who can you thank (and tell) today?

Day 4 – 6

DAY

4

DAY 4 Read **Philippians 4:4-7**

done ☐

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”

PHILIPPIANS 4:6 (KJV)

Give thanks: Write one worry as a prayer—then add a line of thanksgiving beside it. What happens when you pair them?

DAY

5

DAY 5 Read **Colossians 2:6-7**

done ☐

“Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.”

COLOSSIANS 2:7 (KJV)

Give thanks: Where do you feel “rooted” in Christ right now? Where do you want thanksgiving to overflow more?

DAY

6

DAY 6 Read **Hebrews 13:15-16**

done ☐

“By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.”

HEBREWS 13:15 (KJV)

Give thanks: Praise can be a sacrifice when life is hard. What is one hard thing you can still thank God for today?

Day 7

DAY

7

DAY 7 Read **Psalm 103:1-5**

done ☐

“Bless the LORD, O my soul: and all that is within me, bless his holy name. Bless the LORD, O my soul, and forget not all his benefits:”

PSALM 103:1-2 (KJV)

Give thanks: On this feast (or feast-week) day: forget not His benefits. List five benefits of the Lord you will bless Him for.

TABLE BLESSING CARD

Cut out or read aloud before the meal.

A Short Table Blessing

“When thou hast eaten and art full, then thou shalt bless the LORD thy God for the good land which he hath given thee.”

DEUTERONOMY 8:10 (KJV)

*Lord, we bless You for this food, these faces,
and every good gift. Amen.*

Keep Giving Thanks

Use these pages any day of the year. Pair them with more verses on thanksgiving, gratitude, and giving at byscripture.com.

People I thank God for

Names, faces, and why you are grateful for them.

Mercies I almost missed

Small kindnesses, answered prayers, quiet provisions.

How I can give thanks by giving

One generous step this week (time, word, or gift).



Keep a Thankful Heart

"O give thanks unto the LORD, for he is good: for his mercy endureth for ever."

PSALM 107:1 (KJV)

Seven days is a beginning. A thankful heart grows when we keep reading God's Word and naming His gifts. Carry this habit into Advent, Christmas, and the new year.

KEEP THE HABIT GOING

SOAP Bible Study Journal

Scripture, Observation, Application, Prayer: a simple guided page for your daily reading.

byscripture.com/shop/soap-bible-study-journal/

30-Day Prayer Journal

Thirty days of KJV prompts to build a steady, honest prayer life.

byscripture.com/shop/30-day-prayer-journal/

Also free: Advent reading plan at byscripture.com/free-advent-reading-plan/
SOAP study sheet at byscripture.com/free-soap-sheet/

WHAT I WANT TO REMEMBER
