“A perfect companion to *Weathering Storms!* Tope Keku’s words have a way of leading us to Christ in every crisis. Life can cut deep. A strong cup of coffee just isn’t enough when we need strength for the daily struggle. Between her devotional and the companion, *Thankful Every Day Journal*, we find ourselves grounded in gratitude and leaning on the Lord every step of the way.”

—Tammy Whitehurst
Motivational Women’s Speaker, Writer
Co-owner of the Christian Communicators Conference

“If you’re busy (and who isn’t these days?), this book’s gratitude prompts will set the tone for your entire day. Each devotion includes a hand-picked Scripture and reflection question, with space to record your answers and praises. Each one-page devotion is undated, so if you miss a day, you won’t feel pressured to catch up. As the title promises, this book will refresh your soul and increase your joy. Buy it today!”

—Patricia Durgin
Online Marketing Expert
Marketers On A Mission
THANKFUL Every Day

A Gratitude Journal to Refresh Your Soul and Increase Your Joy

Dr. Temitope Keku

REDEMPTION PRESS
Gratitude is good medicine, like applying a soothing balm to refresh the soul. A few years ago, my mom told me the story behind my name. She was sick during her pregnancy with me, and the doctor did not think she would make it. When I was born, my parents expressed their gratitude to God by naming me Temitope, which means *Enough to thank God* in the Yoruba language from western Nigeria.

So, thankfulness is a natural part of my DNA. Expressing gratitude refreshes the soul. It helps us see life from a different perspective, builds our inner strength, increases joy, and decreases striving.

This journal will increase your awareness to see the good in every day and shed new light on your fears, anxieties, and challenges. Reflecting on your blessings and journaling about them will enrich your life. Being thankful will:

- raise awareness and appreciation of daily blessings in your life;
- increase your inner joy, peace, and contentment;
- enhance your spiritual walk with God;
- improve your physical, emotional, and spiritual health;
- increase resilience to grow through hard times;
- lead to better relationships;
- reduce grumbling and striving; and
- lead to a more fulfilling life.

Each day’s Scripture and a daily writing prompt are designed to help you reflect on what you are thankful for so you can enjoy the simple pleasures of day-to-day life. By cultivating a heart of gratitude, you will develop a more positive approach to doing life, enhance your well-being, and increase your joy.

*Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.*

1 Thessalonians 5:18 NIV
Give thanks to the LORD, for he is good! His faithful love endures forever.
Psalm 107:1 nlt

Reflective Writing

What are you grateful for today?

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Thankful Every Day
The LORD has done great things for us, and we are filled with joy.
Psalm 126:3 NIV

Reflective Writing

List some great things the Lord has done for you in the last six months. Write a prayer of praise.
I will praise God’s name with singing, and I will honor him with thanksgiving.
Psalm 69:30 nlt

Reflective Writing

In what ways can you make praising God with songs a part of your routine?
In spite of all this, his faith in God’s promise did not falter.  
In fact, his faith grew as he gave glory to God.  
Romans 4:20 Voice

**Reflective Writing**

How can you give glory to God in a challenging situation you are facing?

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Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind.
Psalm 107:21 NIV

Reflective Writing
I thank God for his wonderful deeds of . . .
Sing to him, sing praise to him; tell of all his wonderful acts.
Psalm 105:2 NIV

Reflective Writing

Write a prayer of thanks for a wonderful act you’ve experienced from God.
I will sing of the LORD’s great love forever; with my mouth I will make your faithfulness known through all generations.
Psalm 89:1 NIV

Reflective Writing

In what ways can you thank God for his faithfulness in your life?
Let us come before His presence with a song of thanksgiving; let us shout joyfully to Him with songs.
Psalm 95:2 AMP

Reflective Writing

What three songs are ushering you into his presence with praise?
When anxiety was great within me, your consolation brought me joy.
Psalm 94:19 NIV

Reflective Writing

Thank you, God, for replacing my anxiety with . . .
May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.
Psalm 90:17 NIV

Reflective Writing

How have you experienced the Lord’s favor in your work?
Our help is in the name of the LORD, the Maker of heaven and earth.
Psalm 124:8 NIV

Reflective Writing

I praise you because you are my helper and . . .
With a pure heart, I will give thanks to You when I hear about Your just and fair rulings.
Psalm 119:7 *VOICE*

**Reflective Writing**

With a heart of love, I give thanks for . . .

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I wait for the LORD, my soul does wait, and in His word do I hope.
Psalm 130:5 NASB

Reflective Writing

In what ways can you be grateful while waiting on God?
But I have calmed and quieted myself; I am like a weaned child with its mother; like a weaned child I am content.

Psalm 131:2 NIV

**Reflective Writing**

How have you felt God’s presence and contentment in your life?
I bow down toward your holy temple and give thanks to your name for your steadfast love and your faithfulness, for you have exalted above all things your name and your word.

Psalm 138:2 esv

Reflective Writing

Write a prayer thanking God for how he has exalted his name and word in your life.
I will offer You my grateful heart, for I am Your unique creation, filled with wonder and awe. You have approached even the smallest details with excellence; Your works are wonderful; I carry this knowledge deep within my soul.

Psalm 139:14 VOICE (emphasis retained)

**Reflective Writing**

How would your life be different if you truly believed that you are uniquely created?

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May they sing of the ways of the Lord, for the glory of the Lord is great.
Psalm 138:5 NIV

Reflective Writing

I sing because . . .

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Thankful Every Day
He remembered us in our weakness. His faithful love endures forever.  
Psalm 136:23 nlt

Reflective Writing

Write about a time when you were discouraged and how God helped you. Sing a song of praise.

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Set me free from my distress; then in the assembly of your people I will praise you because of your goodness to me.
Psalm 142:7 GNT

Reflective Writing

Thank you for setting me free from . . .
I will sing a new song to you, my God; on the ten-stringed lyre I will make music to you.
Psalm 144:9 NIV

Reflective Writing

What is your favorite musical instrument? Write a prayer or song of praise to the Lord.
"I remember the days of old. I ponder all your great works and think about what you have done."

Psalm 143:5  nlt

Reflective Writing

Today I remember your great works and give thanks for . . .

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For the LORD takes delight in his people; he crowns the humble with victory.
Psalm 149:4 NIV

Reflective Writing

Lord, thank you for victory in . . .
Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.
Ephesians 5:20 niv

Reflective Writing

Where have you seen God at work in your life in the last week? How will you thank him?
You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.

2 Corinthians 9:11 NIV

Reflective Writing

In what ways has your generosity caused others to express gratitude to God?

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Give praise to the LORD, proclaim his name; make known among the nations what he has done.
Psalm 105:1 NIV

Reflective Writing

What is one thing you can praise God for today?
Praise the LORD, everything he has created, everything in all his kingdom. Let all that I am praise the LORD.
Psalm 103:22 nlt

Reflective Writing

I praise you with all my soul for . . .

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When you supply it, they gather it. You open your hand to feed them, and they are richly satisfied.

Psalm 104:28 nlt

Reflective Writing

How have you experienced God’s provision? “I thank you, Lord, for . . .”
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.
Psalm 100:4 NIV

Reflective Writing

I give thanks and praise for . . .
Declare his glory among the nations, his marvelous deeds among all peoples.
Psalm 96:3 NIV

Reflective Writing

In what ways can you declare God’s glory to show your gratitude?

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What shall I return to the Lord for all his goodness to me?
Psalm 116:12 NIV

Reflective Writing

Write a prayer thanking God for his goodness in your life. What are some ways you could share his goodness with others?

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From the rising of the sun to the place where it sets, the name of the LORD is to be praised.
Psalm 113:3 NIV

Reflective Writing

In what ways does seeing a beautiful sunrise or sunset encourage you to praise God?
With my mouth I will greatly extol the LORD; in the great throng of worshipers I will praise him.

Psalm 109:30 NIV

Reflective Writing

What are some active ways you can use your mouth to praise God?
I will praise the LORD, who counsels me; even at night my heart instructs me.
Psalm 16:7 NIV

Reflective Writing

How has the Lord counseled you? Write a prayer thanking him for his guidance.
I called to the LORD, who is worthy of praise, and I have been saved from my enemies.
Psalm 18:3 NIV

Reflective Writing

Recall a time when God saved you from your enemies, and write a prayer of thanks.

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He brought me out into a spacious place; he rescued me because he delighted in me.

Psalm 18:19 NIV

Reflective Writing

Describe your spacious place, and thank God for delighting in you.
Instead, You direct me on the path that leads to a beautiful life. As I walk with you, the pleasures are never-ending, and I know true joy and contentment.

Psalm 16:11 VOICE

Reflective Writing

In what ways have you experienced true joy and contentment? Express your gratitude with a prayer.
And we thank him that you continue to be strong because of your hope in our Lord Jesus Christ.

1 Thessalonians 1:3 NCV

Reflective Writing

In what ways has God given you hope in times of uncertainty? Write a prayer of gratitude.
Be exalted in your strength, LORD; we will sing and praise your might.
Psalm 21:13 NIV

Reflective Writing

In what ways will you lean on God’s strength and mighty power today?
How enduring is God’s loyal love; the Eternal has inexhaustible compassion.
Lamentations 3:22 Voice

Reflective Writing

Lord, I am grateful for your love and inexhaustible compassion . . .
You turned my wailing into dancing; you removed my sackcloth and clothed me with joy.
Psalm 30:11 NIV

Reflective Writing

God clothed me with joy when . . .
The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.
Psalm 28:7 NIV

Reflective Writing

In what areas of your life do you sense God is calling you to trust him more?

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Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!
Psalm 32:11 NIV

Reflective Writing

Today, I will sing this song and rejoice about . . .
Taste and see that the LORD is good; blessed is the one who takes refuge in him.
Psalm 34:8 NIV

Reflective Writing

What does “taste and see that the Lord is good” look like for you?

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Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 42:11 NIV

Reflective Writing

What would it look like to put your hope in God when you are feeling discouraged?
But I will offer sacrifices to you with songs of praise, and I will fulfill all my vows. For my salvation comes from the LORD alone.

Jonah 2:9 nlt

Reflective Writing

I offer a sacrifice of praise for . . .
You have given me life and constant love, and your care has kept me alive.
Job 10:12 gnt

Reflective Writing

In what ways have you felt God’s constant love and care?
My heart rejoices in the LORD! The LORD has made me strong. Now I have an answer for my enemies; I rejoice because you rescued me.

1 Samuel 2:1 NLT

Reflective Writing

I rejoice because . . .
I sought the LORD, and He answered me, and delivered me from all my fears.
Psalm 34:4 NASB

Reflective Writing

I praise and thank you for delivering me from . . .
He reveals deep and hidden things; he knows what lies in darkness, and light
dwells with him.
Daniel 2:22 NIV

Reflective Writing

What insights will you thank God for today?
But the LORD our God is merciful and forgiving, even though we have rebelled against him.
Daniel 9:9 nlt

Reflective Writing

Thank you for forgiving me of . . .
You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Isaiah 26:3 NLT

Reflective Writing

In what ways will you fix your thoughts on God so you can experience more peace?
Reflective Writing

Thank you, Lord, for the great things . . .
But my life is **abundant**—like a lush olive tree **cared for** at the house of the **one** True God. **I put my trust in His kind love forever and ever; it will never fail.**

Psalm 52:8 *VOICE* (emphasis retained)

**Reflective Writing**

Identify five ways in which the Lord has helped you in the past month, and write a prayer of thanks.
I will fulfill my vows to you, O God, and will offer a sacrifice of thanks for your help.
Psalm 56:12 nlt

Reflective Writing

Today I bring my thank offerings of . . .
Consider it all joy, my brothers and sisters, when you encounter various trials, knowing that the testing of your faith produces endurance.

James 1:2–3 NASB

Reflective Writing

Where do you find joy in hard times? List some ways you can trust and thank God during a difficult season.
The LORD directs the steps of the godly. He delights in every detail of their lives.
Psalm 37:23 NLT

Reflective Writing

In what ways has the Lord directed your steps and prevented you from stumbling?
Yes, my soul, find rest in God; my hope comes from him.
Psalm 62:5 NIV

Reflective Writing

My soul finds rest in God when . . .

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I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.
Psalm 63:5 NIV

Reflective Writing

In what ways has God richly fed your soul? Write a prayer to express your gratitude.
He consoles us as we endure the pain and hardship of life so that we may draw from His comfort and share it with others in their own struggles.

2 Corinthians 1:4 Voice

Reflective Writing

How have you experienced God’s comfort? Who can you encourage today?
Come and see what our God has done, what awesome miracles he performs for people!
Psalm 66:5 NLT

Reflective Writing

Reflect on a “Come and see what God has done” moment in your life, and thank him in prayer.
May God be merciful and bless us. May his face smile with favor on us.
Psalm 67:1 NLT

Reflective Writing

Imagine God smiling upon you with favor. What does that look like for you?

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My tongue will tell of your righteous acts all day long, for those who wanted to harm me have been put to shame and confusion.

Psalm 71:24 NIV

Reflective Writing

Who will you share your experience of God’s righteous acts with today, and what will you say?
*Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these.*

*Mark 12:3–1 NIV

**Reflective Writing**

How is love reflected in your life toward God and others? Write a prayer and thank him for showing you creative ways to share his love with others.
We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the Lord, about his power and his mighty wonders.

Psalm 78:4 NLT

Reflective Writing

How will you share God’s glorious deeds with the next generation?
The LORD directs the steps of the godly. He delights in every detail of their lives.
Psalm 37:23 nlt

Reflective Writing

Take a moment to reflect and thank God for ordering your steps.

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Restore our fortunes, LORD, as streams renew the desert.
Psalm 126:4 nlt

Reflective Writing

How and what has God restored, and how will you show appreciation?
With every sun’s rising, surprise us with Your love, satisfy us with Your kindness. Then we will sing with joy and celebrate every day we are alive.

Psalm 90:14 Voice

Reflective Writing

Describe a time when God surprised you with his love and kindness.
Then the LORD God provided a leafy plant and made it grow up over Jonah to give shade for his head to ease his discomfort, and Jonah was very happy about the plant.

Jonah 4:6 NIV

Reflective Writing

How has God eased your discomfort in a tough situation, and how will you thank him for it?
I had only heard about you before, but now I have seen you with my own eyes.
Job 42:5 nlt

Reflective Writing

Write a prayer of thanks to God for showing up for you miraculously.
Many, LORD my God, are the wonders you have done, the things you planned for us. None can compare with you; were I to speak and tell of your deeds, they would be too many to declare.
Psalm 40:5 NIV

Reflective Writing

Name some ways you can declare God’s wonderful deeds in your life.

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You, LORD, keep my lamp burning; my God turns my darkness into light.

Psalm 18:28 NIV

Reflective Writing

Reflect on a time when God turned your darkness into light. How can you encourage someone going through a hard time?
Thanks be to God for his indescribable gift!
2 Corinthians 9:15 NIV

Reflective Writing

Write a prayer of thanks to God for his indescribable gift of your salvation.
May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock, and my redeemer.
Psalm 19:14 nlt

Reflective Writing

Write a prayer sharing your heart’s musings with God, and thank him for being your Redeemer.
Give thanks to the LORD! Call for him to help you! Tell all the nations what he has done!
Tell them how great he is!
Isaiah 12:4 GNT

Reflective Writing

Recall a time when you called on God to help you. How will you thank him for his faithfulness and tell others what he has done?
How good and pleasant it is when God’s people live together in unity!
Psalm 133:1 NIV

Reflective Writing

I thank you for unity in . . .

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Great is the LORD! He is most worthy of praise! No one can measure his greatness.
Psalm 145:3 nlt

Reflective Writing

How have you seen the greatness of God? Express your gratitude with a prayer.
LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago.

Isaiah 25:1 NIV

Reflective Writing

Write about a time when you saw God’s faithfulness in your life.
He controls the times and the seasons; he makes and unmakes kings; it is he who gives wisdom and understanding.
Daniel 2:21 GNT

Reflective Writing

How have you seen God at work in your current season?
Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God.
Psalm 43:4 NIV

Reflective Writing

My delight is in God because . . .

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You open your hand and satisfy the desires of every living thing.
Psalm 145:16 NIV

Reflective Writing

Write about a time when the Lord satisfied your specific desire.

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Temitope Keku
Great is our Lord and mighty in power; his understanding has no limit.
Psalm 147:5 NIV

Reflective Writing

Name a challenge you are currently facing, and thank God in advance for his help.
I removed the burden from their shoulders; their hands were set free from the basket.
Psalm 81:6 NIV

Reflective Writing

How has the Lord lifted a burden for you?
My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
Psalm 73:26 NIV

Reflective Writing

How is God the strength of your heart?
Praise be to the Lord, to God our Savior, who daily bears our burdens.
Psalm 68:19 NIV

Reflective Writing

What is weighing your heart down today? How can you release it to God with thanksgiving?
You crown the year with a bountiful harvest; even the hard pathways overflow with abundance.
Psalm 65:11 nlt

Reflective Writing

How have you experienced God’s abundant blessings? In what ways can you share them with others?
You are my strength, I sing praise to you; you, God, are my fortress, my God on whom I can rely.
Psalm 59:17 NIV

Reflective Writing

How is God your fortress? Thank him today.
But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place.

2 Corinthians 2:14 NASB

Reflective Writing

I spread the sweet aroma of God’s love and grace when . . .
We always thank God for all of you and continually mention you in our prayers.

1 Thessalonians 1:2 NIV

Reflective Writing

In what ways can you thank God for the people in your circle who support you?

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Thankful Every Day

Because your steadfast love is better than life, my lips will praise you.
Psalm 63:3 esv

Reflective Writing

How have you experienced God’s steadfast love?

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Surely God is my help; the Lord is the one who sustains me.
Psalm 54:4 NIV

Reflective Writing

Write about how God sustained you during a difficult time.
In God we make our boast all day long, and we will praise your name forever.
Psalm 44:8 NIV

Reflective Writing

Reflecting on God’s goodness makes me feel . . .
Praise the LORD! How wonderfully he showed his love for me when I was surrounded and attacked!
Psalm 31:21 GNT

Reflective Writing

I experienced the wonders of God’s love when . . .

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The LORD is my shepherd, I lack nothing.
Psalm 23:1 NIV

Reflective Writing

List five ways in which you have experienced God’s caring provision, and write a prayer of thanks.

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So I will not be silent; I will sing praise to you. Lord, you are my God; I will give you thanks forever.
Psalm 30:12 GNT

Reflective Writing

I will praise you forever because . . .

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The LORD has done it this very day; let us rejoice today and be glad.
Psalm 118:24 niv

Reflective Writing

How does your attitude influence this day?

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102  ~ Thankful Every Day
Sing to the LORD, for he has done wonderful things. Make known his praise around the world.

Isaiah 12:5 nlt

Reflective Writing

I sing and make known his praise because . . .
For we know, brothers and sisters loved by God, that he has chosen you.
1 Thessalonians 1:4 NIV

Reflective Writing

You are loved and chosen! Write a heartfelt prayer of thanks to God.

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

Reflective Writing

What requests are you willing to bring to God today with thanksgiving?
Let everything that has breath praise the LORD. Praise the LORD.
Psalm 150:6 NIV

Reflective Writing

In what ways can you praise the Lord today?
For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Ephesians 2:10 NLT

Reflective Writing

You are a masterpiece! Write a prayer to thank God for how he made you.

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Whether you’ve lost your job or home or you are facing illness and hard times, you can have peace. The *Weathering Storms* 90-day devotional will help you deal with tough times, tough people, and tough circumstances. You don’t have to stay depressed or try to control the situation yourself. Instead, let God help you weather your storm.

This devotional will help you:

- Feel God’s loving arms carry you through any trial
- Transform your view of God and experience his abiding love
- Cling to unshakable biblical truths as an anchor in the storm
- Prepare your heart and mind for the day ahead

For over thirteen years, Dr. Temitope Keku has taught women how to walk through hard times in victory. Let *Weathering Storms* devotional guide you through tough trials with confidence and help you discover hidden treasures along the way.

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