



# GRATITUDE RESET: A 7-DAY EXPERIMENT FOR EVERYDAY JOY

By Rob Hogendoorn

This resource helps participants explore the power of thankfulness in everyday life by practicing intentional gratitude over seven days. It's designed to resonate with those who may not typically engage with faith-based content, focusing on improving well-being, relationships, and mindfulness through practical exercises.

## DAY 1 // START WITH SMALL WINS

*“The smallest act of gratitude is worth more than the grandest intention.”*

Even on tough days, there are small blessings waiting to be noticed. Begin by writing down three things you are grateful for today—no matter how small. Look for joy in the little moments. Then, take one extra step: tell someone close to you one thing you appreciate about them today.

- **Action:** Write down 3 small wins and text someone a quick note of appreciation.

1 Thessalonians 5:18 – “Give thanks in all circumstances.”

## DAY 2 // EXPRESS GRATITUDE TO SOMEONE

Gratitude grows when shared. Think of someone who has positively impacted your life. Send a thank-you text, write them a heartfelt email, or even tell them face-to-face. You’ll deepen your connection and spread joy.

- **Action:** Reach out to one person today and tell them why you are grateful for them.

Proverbs 16:24 – “Gracious words are a honeycomb, sweet to the soul and healing to the bones.”

THANKFULNESS



## DAY 3 // EMBRACE IMPERFECT GIFTS

Life's imperfections often hold hidden blessings. Think of a situation that didn't go the way you expected but ultimately taught you something valuable. Write a journal entry reflecting on the good that came from that challenge. If someone was part of that journey, reach out to thank them.

- **Action:** Write about one imperfect moment that brought growth and thank someone connected to that experience.

Romans 8:28 – “In all things, God works for the good of those who love him.”

## DAY 4 // THANK GOD FOR WHO HE MADE YOU TO BE

“For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” – Ephesians 2:10

Gratitude deepens when we recognize the gifts God has placed within us. Today, take time to reflect on how God uniquely designed you—your strengths, personality, and even your quirks. Write down three things about yourself that reflect God's intentional design. Then, pray a simple prayer of thanks, acknowledging His work in you and asking Him to guide you in using your gifts for His purpose.

- **Action:** Write 3 things that reflect God's design in you and pray, thanking Him for making you uniquely you.

Psalm 139:13-14 – “For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made.”

## DAY 5 // NATURE WALK OF THANKS

Step outside, take a deep breath, and soak in the beauty of God's creation. As you walk, pick out three things in nature that you find beautiful or meaningful. Use those observations as inspiration to thank someone—let them know they bring that same beauty into your life.

- **Action:** Take a walk, notice 3 beautiful things, and text someone to tell them how they bring beauty to your life.

Psalm 19:1 – “The heavens declare the glory of God; the skies proclaim the work of his hands.”

# APPRECIATION

## DAY 6 // PRACTICE SILENT GRATITUDE

Sit in silence for 10 minutes, focusing your thoughts on the blessings in your life. As names of people or moments come to mind, say a quiet “thank you” in prayer or write their names down. Reach out to at least one person on that list today and share your gratitude with them.

- **Action:** Sit silently for 10 minutes, reflect on who or what you are grateful for, and thank one person you thought of.

Psalm 46:10 – “Be still, and know that I am God.”

# GRATITUDE

## DAY 7 // MAKE GRATITUDE A HABIT

Reflect on the past week: Which practices resonated most? Which ones would you like to carry forward? Choose one habit from this week and commit to practicing it regularly—whether it's journaling, nature walks, or sending gratitude notes. To mark the end of this challenge, reach out to someone you've been meaning to thank and let them know how much they mean to you.

- Action: Choose one gratitude habit to keep, and reach out to someone you haven't thanked yet.

Scripture Reference: Philippians 4:8 – “Whatever is true, whatever is noble...think about such things.”



# NEXT STEPS

Gratitude is a powerful tool that can reshape our perspective on life. Whether you're beginning your journey or looking to deepen it, practicing thankfulness aligns with living intentionally.

## Share This Resource with a Friend

Found this helpful? Share the Gratitude Reset PDF with someone in your life who might benefit from intentional gratitude. A simple challenge can spark meaningful conversations and personal transformation.

## Explore More Messages from the Series “Three Words That Change Everything”

These messages dive deeper into the power of simple yet transformative words. Watch the whole series online:

- **Please:** [Watch Here](#)
- **Sorry:** [Watch Here](#)
- **Thanks:** [Watch Here](#)

## Visit Forest City Community Church

Experience a welcoming community that values growth and authentic connection. Join us for engaging worship, relevant teaching, and a place to belong.

### Locations & Service Times

#### Central Campus

3725 Bostwick Rd.

London, Ontario

N6P 1G9

- **Service Times:** Sundays 9 & 11am

#### East London Campus

716 Classic Drive

London, Ontario

N5W 5V6

**Service Times:** Sundays 9:30 & 11am

# ABOUT ROB HOGENDOORN

Rob Hogendoorn, husband to Cody and father of four, is the Lead Pastor of Forest City Community Church. A devoted Toronto Maple Leafs fan and golf enthusiast, Rob's passion lies in making faith accessible and impactful for everyday life. His teaching draws on relatable experiences and challenges listeners to embrace joy, purpose, and personal growth.

# ABOUT FOREST CITY COMMUNITY CHURCH

At Forest City Community Church, we believe that people matter to God! Our vision is to develop a thriving, expanding church community that honours God and serves the broader London community. We aim to help thousands of people experience a growing relationship with Jesus Christ and find their place in His church family.

Our services are designed for people from all walks of life—whether you have little to no church background or are seeking to deepen your faith. We welcome everyone with open arms, encouraging growth through worship, life groups, and opportunities to serve within the community. We are passionate about building authentic relationships and believe in extending grace to all, just as Jesus taught.

We are a church not just in the community but for the community. As contributors, not consumers, we strive to make a difference in London and beyond. Our mission is simple: to reach the next person for Jesus by being good neighbours, sharing His love, and creating a sense of belonging.