

Attitude **ITUDE**
JOURNAL

Glad
IN GOD

2025

CHRISTIAN FAMILY CHAPEL

Welcome to the



Growing an attitude of Gladness in God.

Is "Gladitude" even in a real word?

Not yet, but I am hopeful that after the next 28 days you will be thinking it sure should be!

Our attitude can be so volatile and so contagious. Your attitude can either ruin your day or make someone else's day. The best part about your attitude is you get to choose it. You can choose to be grumpy or be glad. Choose grumpy and everyone loses but choose glad and everyone benefits.

This journal is to help you choose glad. Not a temperamental gladness that comes and goes, but an abiding gladness rooted in the Person and Word of the Living God who loves you perfectly. You are going to grow in Gladitude as you daily marinate your mind in God's Word and then let that marinated glad mind express itself in response to a daily Glad in God prompt.

If you will resist the temptation to rush the process but trust the power of God's word to transform...

YOU WILL BE MADE GLAD!!

Doug Rutt
Teaching Pastor

WEEK 1

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THE GLADNESS OF HEART, IN THE GREATNESS OF GOD

This week we want to saturate our minds with scriptures about God and wash our hearts with the refreshing water of His greatness. Each day read the verses below about the character of God. Before you dismiss the idea of reading the same verses each day, remember the riches of God's Word are worthy of repeated attention. After lifting up your eyes to focus on God, take a few minutes each day to answer the "Glad in God" prompt. Don't rush, and only journal your first thought. Allow God to lead your thoughts as you reflect each day on His goodness.

But our God is in the heavens; He does whatever He pleases.

Psalms 115:3

Do you not know? Have you not heard?

The Everlasting God, the LORD, the Creator of the ends of the earth does not become weary or tired. His understanding is inscrutable. *Isaiah 40:28*

Great is our Lord and abundant in strength; His understanding is infinite. *Psalms 147:5*

Answer me, O LORD, for Your lovingkindness is good; According to the greatness of Your compassion, turn to me. *Psalms 69:16*

Indeed, the very hairs of your head are all numbered. Do not fear; you are more valuable than many sparrows. *Luke 12:7*

For the LORD your God is the God of gods and the Lord of lords, the great, the mighty, and the awesome God who does not show partiality nor take a bribe. *Deuteronomy 10:17*

Then the LORD passed by in front of him and proclaimed, "The LORD, the LORD God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth." *Exodus 34:6*

Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow. *James 1:17*

On the glorious splendor of Your majesty
And on Your wonderful works, I will meditate.
Men shall speak of the power of Your awesome acts,
And I will tell of Your greatness.
They shall eagerly utter the memory of Your abundant goodness
And will shout joyfully of Your righteousness. *Psalms 145:5-7*

Let them give thanks to the Lord for His lovingkindness,
And for His wonders to the sons of men!
For He has satisfied the thirsty soul,
And the hungry soul He has filled with what is good. *Psalms 107:8-9*

The Lord's loving kindnesses indeed never cease,
For His compassions never fail.
They are new every morning;
Great is Your faithfulness. *Lamentations 3:22-23*

He is the image of the invisible God, the firstborn of all creation. For by Him all things were created, both in the heavens and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things have been created through Him and for Him. He is before all things, and in Him all things hold together. *Colossians 1:15-17*

GLAD IN GOD PROMPTS

Day 1: My heart is glad in God because He is...

Day 2: My heart is glad in God because He has promised...

Day 3: My heart is glad in God because He said today is...

Day 4: My heart is glad in God as I recall His faithfulness to me when...

Day 5: My heart is glad in God as I see in His creation...

Day 6: My heart is glad in God when I remember
His provision of...

Day 7: My heart is glad in God because He has been
patient with me when...

THE GLADNESS OF HEART IN GOD'S SAVING GRACE

We spent all week last week washing our minds with the greatness of God, but His greatness takes on a fantastic new meaning when we become His children through faith in Jesus. The Lord God Almighty is now both my good shepherd, and my Heavenly Father, who dwells in me by His Spirit. He is not just strong, He is my help, and my strength. He is not just wise, He is my wisdom, and my guide. I am in Him and He is in me. Each day this week read the passages below about your salvation, and let your heart be glad! Keep being glad by journaling your responses to this week's "Glad in God" prompts.

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace.

Ephesians 1:3-7

Nevertheless do not rejoice in this, that the spirits are subject to you, but rejoice that your names are recorded in heaven.

Luke 10:20

Restore to me the joy of Your salvation And sustain me with a willing spirit. *Psalms 51:12*

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. *Romans 5:1-2*

And though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, obtaining as the outcome of your faith the salvation of your souls. *1 Peter 1:8-9*

The LORD is my light and my salvation; Whom shall I fear? The LORD is the defense of my life; Whom shall I dread? *Psalms 27:1*

But when the kindness of God our Savior and His love for mankind appeared, He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He poured out upon us richly through Jesus Christ our Savior, so that being justified by His grace we would be made heirs according to the hope of eternal life. *Titus 3:4-7*

The LORD is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart exults, And with my song I shall thank Him. *Psalms 28:7*

When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross. *Colossians 2:13-14*

GLAD IN GOD PROMPTS

Day 1: My heart is glad in God because He has forgiven me for...

Day 2: My heart is glad in God because my identity is now...

Day 3: My heart is glad in God because He has set me free from...

Day 4: My heart is glad in God because He continues to show His love by...

Day 5: My heart is glad in God as I have learned to be content in...

Day 6: My heart is glad in God because by His grace, I am no longer...

Day 7: My heart is glad in God because by His grace, I am growing...

CHOOSING A GLAD HEART IN GOD, IN THE MIDST OF SUFFERING

Suffering and pain are unavoidable realities of life in this fallen world. There will be a time in the future when God will make all things new and all that is painful and shameful and tearful will be permanently wiped away. The good news is, gladness in God need not wait for the new Heaven and new Earth. You can choose gladness now! In fact, Gladness in God in the midst of suffering is the jaw dropping mark of a Christ follower that causes the world to stop and take notice. If you are hurting, dive into the Scriptures below, and let the truth of God lift your heart and eyes to the Lord. In His presence is the fullness of joy. If you are not currently suffering in any way, then embrace the Scriptures as armor to put on in preparation for the inevitable suffering ahead. May you increasingly know the reality that "the joy of the Lord is my strength."

Wait for the LORD; Be strong and let your heart take courage;
Yes, wait for the LORD. *Psalms 27:14*

On the day I called, You answered me; You made me bold with
strength in my soul. *Psalms 138:3*

The Lord GOD is my strength, And He has made my feet like
hinds' feet, And makes me walk on my high places.

Habakkuk 3:19

And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

Romans 5: 3-4

And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.

2 Corinthians 12:9-10

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

James 1:2-4

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us. *Hebrews 12:1*

For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, who committed no sin, nor was any deceit found in His mouth; and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously; and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.

1 Peter 2:21-24

GLAD IN GOD PROMPTS

Day 1: My heart is glad in God because I have experienced His sufficiency in...

Day 2: My heart is glad in God in spite of...

Day 3: My heart is glad in God because through difficulty I have learned...

Day 4: My heart is glad in God because His wisdom is...

Day 5: My heart is glad in God because my future home in Heaven will be...

Day 6: My heart is glad in God because when Jesus suffered, He...

Day 7: My heart is glad in God because through my weakness I have learned...

WEEK 4 GladITUDE JOURNAL

BEING POURED OUT WITH GLADNESS

The beauty of gladness in God is that it is not a stagnant pond but a flowing river of life. Gladness in God is experienced on a whole new level when we see our God, not as a collectors item to admire, but a gift to share. I wonder if you know the joy of being an instrument through which the living God does His work? Your life is the channel through which other people will experience a good and gracious God. It is counterintuitive to see that pouring your life out for others is the pathway to experiencing rich and rewarding gladness, but this is exactly what Jesus promised when He said, "lose your life for my sake, and you will find it." It is a greater blessing to give than to receive. Let these verses (as you read them each day) point you to the fulfilling road less traveled of a life poured out.

He gives strength to the weary, And to him who lacks might
He increases power. *Isaiah 40:29*

A new commandment I give to you, that you love one another,
even as I have loved you, that you also love one another.
By this all men will know that you are My disciples, if you
have love for one another. *John 13:34-35*

Therefore, my beloved brethren, be steadfast, immovable,
always abounding in the work of the Lord, knowing that your
toil is not in vain in the Lord. *1 Corinthians 15:58*

But even if I am being poured out as a drink offering upon the sacrifice and service of your faith, I rejoice and share my joy with you all. *Philippians 2:17*

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us. *Hebrews 12:1*

As each one has received a special gift, employ it in serving one another as good stewards of the manifold grace of God. Whoever speaks, is to do so as one who is speaking the utterances of God; whoever serves is to do so as one who is serving by the strength which God supplies; so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and dominion forever and ever. Amen.

1 Peter 4:10-11

For to me, to live is Christ and to die is gain. *Philippians 1:21*

For God has not given us a spirit of timidity, but of power and love and discipline. *2 Timothy 1:7*

I can do all things through Him who strengthens me.

Philippians 4:13

As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ, from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love. *Espheians 4:14-16*

GLAD IN GOD PROMPTS

Day 1: My heart is glad in God as I fondly remember how others loved me by...

Day 2: My heart is glad in God because the Holy Spirit is...

Day 3: My heart is glad in God because through difficulty I have learned...

Day 4: My heart is glad in God as I remember how He has used me to...

Day 5: My heart is glad in God as I have the privilege and opportunity to serve...

Day 6: My heart is glad in God as I have the privilege to serve with...

Day 7: My heart is glad in God as I remember how He gave me strength for...

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