

Gratitude Sketchbook




Delightful Art Co.

Fall Leaves

Gather some fall leaves and sketch (or trace) them below. You can overlap them or keep them separate. Use colored pencils, markers, or pastels to color your fall leaves.

Scripture:

"The heavens declare the glory of God; the skies proclaim the work of His hands."

— Psalm 19:1

Hands That Help

Draw the hands (yours or someone else's) that make, build, cook, or care.

(Easy option: Trace your hand several times and color all the interesting shapes you created.)

🌻 Scripture:

"Whatever you do, work heartily, as for the Lord and not for men."

— Colossians 3:23

Quiet Corners

Find a small, overlooked place that feels safe or comforting — a chair, a shadow, a nook — and sketch it. A reminder to appreciate calm spaces. (Easy option: Draw your favorite stuffy.)



Scripture:

"He makes me lie down in green pastures. He leads me beside still waters. He restores my soul."

— Psalm 23:2-3

Worn and Loved

Choose an old object you use often — a paintbrush, a notebook, or shoes — and sketch its imperfections. Thank the tools that serve your creative life. (Easy option: trace items and then add details.)

 Scripture:

“Do not despise these small beginnings, for the Lord rejoices to see the work begin.”
— Zechariah 4:10

Unseen Beauty

Draw something you usually ignore: a crack in the sidewalk, clutter on your desk, dust motes in sunlight. Reflect on the gratitude for the hidden beauty in the mundane. (Easy option: scribble over your page and then look for shapes in the scribbles...add details to those shapes to complete your drawings.)

✿ Scripture:

"The earth is full of the goodness of the Lord."

— Psalm 33:5



Gratitude for Someone Special

Sketch an item that reminds you of someone you're grateful for — a gift, heirloom, or something they taught you to use. (Easy option: draw or trace a serving spoon to remind you of whoever cooks.) Capture connection and memory.

📖 Scripture:

"I thank my God every time I remember you."

— Philippians 1:3

7. Sound Made Visible

While listening to a song, conversation, or birds outside, let your lines follow the rhythm or feeling. Color in the spaces you've created to make an abstract drawing. A gratitude exercise for the senses.

 Scripture:

"Let everything that has breath praise the Lord!"

— Psalm 150:6

8. Today's Tiny Joy

Close your eyes, take a deep breath, and notice what moment from today made you smile — then draw it, no matter how small. (Easy option: draw simple flowers.)

🌸 Scripture:

"This is the day that the Lord has made; let us rejoice and be glad in it."

— Psalm 118:24