

I WILL GIVE THANKS

Lord, I will give thanks to you with all my heart. (Psalm 9:1)

TEACH ME GRATITUDE

Gratitude is a gift from God. At its core, gratitude is about ***not taking anything for granted.*** Living a life of gratitude is about learning to draw near to God, and being thankful for what we have and for who God is.

PRAYER FOR GRATITUDE

Holy Spirit, open our hearts to understand how deeply loved and precious we are to You. Open the eyes of our souls to recognize the gifts, grace, and moments of joy You place before us each day. Help us notice Your presence in every encounter, every kindness, and every opportunity to love well.

Teach us to live with grateful hearts, growing in trust and thanksgiving even in difficult seasons. Shape us to be generous with others, just as You are endlessly generous with us. Walk with us as we serve others with compassion, encouragement, and hope, bringing Your light into the places that feel heavy or weary. May all we do reflect Your love and bring glory to You. Amen.

GIVE THANKS WITH A GRATEFUL HEART

I will worship you and offer you a sacrifice of thanksgiving. (Psalm 116:17)

Let your roots grow down deeply in Him, and let Him build you up on a firm foundation. Be strong in the faith, just as you were taught, and always spill over with thankfulness. (Colossians 2:7)

I will give thanks to you, Lord, with all my heart ... (Psalm 9:1)

Give thanks in every situation because this is God's will for you in Christ Jesus. (1 Thessalonians 5:18)

Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.
(Ephesians 5:20)

GRATITUDE'S UNEXPECTED BLESSINGS

- Gratitude shifts our focus from self-centered to other-centered.
- Gratitude grows patience and endurance in us. When we learn to be thankful in all circumstances, no matter how difficult, we learn that ***God is always with us.***
- Gratitude teaches us to be content with what we have, with what we've already been given.
- Gratitude is a vital part of our living worship.
- Gratitude keeps us humble, reminding us that we can't do life on our own.
- Gratitude erases envy. When we are grateful for what we have, we spend less time noticing what others have.
- When "Thank you, Jesus." is on our lips, we begin to realize that He really is all we need.

One act of thanksgiving when things go wrong with us is worth a thousand thanks when things are agreeable to our inclination.
(John of Avila)

QUESTIONS FOR REFLECTION

- How does gratitude draw you closer to Jesus and help you reflect his priorities?
- What are some specific reasons you're thankful for?
- How can you be thankful even in difficult circumstances?
- Is there a specific circumstance in which it is difficult for you to give thanks?
- What is one practical way you can practice gratitude throughout the day?
- Who are you thankful for? Have you told them? Have you thanked God for them?

Gratitude looks back on the many things God has done in your life and recalls how good and kind He has been to you, even through trials, challenges, and disappointments ... Through remembering, you gain a grateful heart ...
(Joni Eareckson Tada)