

5 2 W E E K S
O F G R O W T H

Give it a Year
Week 31

WEEK 31

1 Thessalonians 5:18 (NIV)

“Give thanks in all circumstances; for this
is God’s will for you in Christ Jesus.”

Gratitude is more than a polite “thank you.” It’s a powerful posture of the heart that transforms how we experience daily life. When we live in gratitude, we shift our focus from what is missing to what is present, from what’s wrong to what’s right, and from fear to faith. Gratitude doesn’t always change our circumstances—but it always changes us.

Each new day gives us countless opportunities to practice gratitude. The sunrise that greets us, the breath in our lungs, the roof over our heads, the people we love, and even the lessons in hardship. All of these become reminders of God’s constant goodness. When we take time each day to notice and thank Him, our hearts align with His peace and purpose.

Having a daily heart posture of gratitude can strengthen our faith. The Bible tells us in Philippians 4:6 “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” When we come to God with thanksgiving—even before we see the answers—we express trust in His sovereignty. Gratitude opens the door for faith to flourish, reminding us that God is still in control even when life feels uncertain.

Having a daily heart posture of gratitude can cultivate joy in our lives. The Bible says in Psalm 118:24 “This is the day the Lord has made; we will rejoice and be glad in it.” Joy is deeply connected to gratitude. The more thankful we become, the more joy we experience. Even small acts of gratitude—like thanking God for a warm cup of coffee or a kind word from a friend. All these small acts of gratitude, anchor our hearts in joy amid busyness or struggle. Having a daily heart posture of gratitude shifts our perspective. The Bible tells us in Romans 8:28 “And we know that in all things God works for the good of those who love Him.” A grateful heart sees God’s hand at work in every detail. Gratitude doesn’t ignore pain—it reframes it. Instead of asking “Why me?” gratitude helps us ask “What might God be teaching me through this?” It transforms trials into testimonies.

Imagine beginning and ending each day with gratitude. Morning prayers that start with “Thank You, Lord,” set a tone of hope and expectancy. Throughout the day, pausing to thank God for small blessings keeps our hearts grounded. At night, reflecting on moments of grace softens our worries and renews our peace.

Gratitude also changes how we interact with others. Thankful people are more patient, compassionate, and generous. When we live with a heart of thankfulness, it becomes contagious—drawing others closer not only to us but to God’s goodness shining through us.

READ:

Psalms 100:4

Colossians 3:15–17

James 1:17

Ephesians 5:20

REFLECT:

- When a hardship happens in your life, do you tend to lead with faith or fear?
- What are three things you can thank God for today—big or small?
- Is there an area of your life where you've struggled to be thankful? What might God be teaching you through it?
- How can you express gratitude to someone in your life this week?

PRAYER:

Father God, thank You for the gift of today. Forgive me for the times I overlook Your blessings or focus on what I lack. Teach me to cultivate a grateful heart that sees Your hand in every circumstance. May my words, actions, and thoughts reflect a spirit of thanksgiving. Help me to live each day with joy and contentment, knowing that You are good and faithful. In Jesus' name I pray. Amen.