



I am grateful for

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

— 1 Thessalonians 5:18

## DEVOTION:

Gratitude is more than a polite “thank you” — it’s a posture of the heart. When we live with gratitude, we acknowledge that every good thing in our lives is a gift from God. Even in difficult seasons, thankfulness helps us see God’s hand at work, sustaining us, teaching us, and drawing us closer to Him.

It’s easy to be grateful when things are going well — when prayers are answered, needs are met, and blessings overflow. But true gratitude is tested in the valleys — in the waiting, the uncertainty, the pain. The Apostle Paul reminds us to “give thanks in all circumstances.” He doesn’t say *for* all circumstances, but *in* them. Why? Because gratitude shifts our focus from what we lack to who God is.

When we thank God, we are reminding our hearts that He is faithful, good, and in control. Gratitude opens the door to peace, strengthens our faith, and fills our lives with joy that circumstances can’t steal.

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### Application:

- **Pause daily** to name three things you’re thankful for — big or small.
- **Pray with gratitude**, even before your situation changes.
- **Express thanks** to others — gratitude grows when it’s shared.
- **Reflect on past blessings** to remind yourself that God has never failed you.

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### Prayer:

*Heavenly Father, thank You for the countless blessings You pour into my life each day. Teach me to see Your goodness even in hard times. Fill my heart with gratitude that overflows in my words and actions. May my thankfulness be a testimony of Your faithfulness and love. In Jesus’ name, Amen.*