



1

Theme
Gratitude is the practice that keeps our hearts anchored when life feels unsteady. <i>18 Give thanks in all circumstances; for this is God's will for you in Christ Jesus (1 Thessalonians 5:18 NIV)</i> <i>8 I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. (Psalm 16:8 NIV)</i>

2

Biblical Gratitude
• Gratitude is a response to God's unchanging goodness. • It begins with who God is, not how life feels. • It flows from the conviction that God is good, faithful & trustworthy in every season. <i>5 For the Lord is good and his love endures forever; his faithfulness continues through all generations. (Psalm 100:5 NIV)</i>

3

Gratitude
• Gratitude recognizes God as the source of every provision. • Every breath, every meal, every moment of strength is a gift from His hand. • It acknowledges dependence, not self-sufficiency. <i>17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:17 NIV)</i>

4

Gratitude

- Gratitude trusts God's redemptive work even in hardship.
- It does not deny pain it declares that God is present & working for good even in the darkest valleys.
- God works in suffering.

3 Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. (Romans 5:3–4 NIV)

5

Gratitude

- Gratitude remembers God's past faithfulness to strengthen present hope.
- It looks back to see how God has carried us, guided us, & sustained us, so we can trust Him today.

11 I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. (Psalm 77:11 NIV)

6

Gratitude

- Gratitude is an act of worship that draws the heart toward God.
- It lifts our eyes from circumstances to the Lord Himself, turning ordinary moments into expressions of praise.

1 I will extol the Lord at all times; his praise will always be on my lips. (Psalm 34:1 NIV)

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Gratitude
SOOTHES THE SOUL

RECENTERS OUR HEART ON GOD'S CHARACTER

8

Gratitude Recenters Our Heart On God's Character

- God's goodness doesn't rise & fall with our circumstances.

***5 For the Lord is good and his love endures forever; his faithfulness continues through all generations.
(Psalm 100:5 NIV)***

- Gratitude pulls our attention away from fear & toward His faithfulness.

***3 When I am afraid, I put my trust in you.
(Psalm 56:3 NIV)***

9

Gratitude Recenters Our Heart On God's Character

- Gratitude reminds us that God is still writing our story.

***6 He who began a good work in you will carry it on to completion until the day of Christ Jesus.
(Philippians 1:6 NIV)***

- It helps us see blessings we normally overlook.

5 Many, Lord my God, are the wonders you have done, the things you planned for us. None can compare with you; were I to speak and tell of your deeds, they would be too many to declare. (Psalm 40:5 NIV)

10

Gratitude Recenters Our Heart On God's Character

- Gratitude strengthens trust when answers are slow.

***31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
(Isaiah 40:31 NIV)***

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Discussion Questions

- How does remembering God's goodness steady your heart during difficult days?
- What overlooked blessing has God brought to your attention recently?
- Where do you see God continuing His "good work" in your life or caregiving?

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Gratitude Reframes Our Circumstances

- Gratitude doesn't erase hardship, but it changes how we carry it.
33 In this world you will have trouble. But take heart! I have overcome the world. (John 16:33 NIV)
- It helps us see God's provision in small ways.
11 Give us today our daily bread. (Matthew 6:11 NIV)

14

Gratitude Reframes Our Circumstances

- Gratitude shifts us from "Why is this happening?" to "Where is God at work?"
28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28 NIV)
- It keeps bitterness from taking root.
15 See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. (Hebrews 12:15 NIV)

15

Gratitude Reframes Our Circumstances

- Gratitude opens our eyes to daily mercies.
22 Because of the Lord's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. (Lamentations 3:22-23 NIV)

16

Discussion Questions

- How has gratitude helped you carry a difficult circumstance differently?
- What small provision from God have you noticed this week?
- Where do you sense God working for good in a situation that still feels unresolved?

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Gratitude Renews Spiritual Strength

- A grateful heart is harder for discouragement to overwhelm.
10 Do not grieve, for the joy of the Lord is your strength. (Nehemiah 8:10 NIV)
- It fuels worship even on ordinary days.
1 I will extol the Lord at all times; his praise will always be on my lips. (Psalm 34:1 NIV)

19

Gratitude Renews Spiritual Strength

- Gratitude softens the heart toward others.
32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:32 NIV)
- It builds resilience for long seasons of caregiving or challenge.
9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6:9 NIV)

20

Gratitude Renews Spiritual Strength

- Gratitude reminds us that God is near, not distant.

The Lord is near to all who call on him, to all who call on him in truth. (Psalm 145:18 NIV)

21

Discussion Questions

- How has gratitude strengthened you during a weary or discouraging season?
- What ordinary moment recently became an act of worship through gratitude?
- How does practicing gratitude shape the way you respond to others?

22

Practical Application

- Write or speak one thing you're grateful for before the day begins.
- Notice one small provision each day (a meal, a kind word, a moment of rest) & thank God for it.
- Replace one complaint with one thanksgiving - When frustration rises, pause and thank God for something true.
- End each day with reflection, ask, "Where did I see God's mercy today?"
- Share gratitude with someone else - Tell a friend or family member one thing you appreciate about them.

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