Day 4: What Ingratitude Costs Us

Devotional

Gratitude is not just a nice habit. The absence of it carries real consequences. When we stop being thankful, something begins to close off in us spiritually. Our thinking becomes distorted. Our hearts grow harder. We start to focus on what we lack rather than what we have been given.

Romans 1 paints a sobering picture of what happens when people receive God's goodness but refuse to honor Him or give thanks. Their thinking becomes futile and their hearts grow dark. Ingratitude is not a small thing. It is a spiritual condition that disconnects us from God's blessings and limits our growth.

Here is the honest truth: God can give us everything, and because we are human, everything is sometimes still not enough. We want more, we compare, we complain. But that cycle does not lead anywhere good. It leads away from God, not toward Him.

The good news is that the cycle can be broken. Gratitude is the way out. When we choose to count our blessings, to speak thankfulness out loud, to turn our complaints into prayers, we are actively fighting against the pull of ingratitude. We are choosing connection over disconnection.

You are not a finished product, and neither is your gratitude. But every small, intentional step toward thankfulness is a step toward a fuller, richer life with God.

Bible Verse

'For although they knew God, they neither glorified him as God nor gave thanks to Him, but their thinking became futile and their foolish hearts were darkened.' - Romans 1

Reflection Question

In what area of your life are you most tempted to complain rather than give thanks, and what would it look like to turn that complaint into a prayer today?

Quote

When you're not grateful, it limits your spiritual growth.

Prayer

Lord, forgive me for the ways ingratitude has crept into my heart and limited my walk with You. Teach me to choose thankfulness daily, and let it open my heart to all You have for me. Amen.