

Be Who God Created You To Be

# GIVE THANKS TO THE LORD

## THANKSGIVING WEEK DEVOTIONAL

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### Day 1: A Heart of Gratitude

**Scripture:** “Give thanks to the Lord, for he is good; his love endures forever.” — Psalm 107:1 (NIV)

Gratitude isn't based on how good life feels, but on how good God is. Psalm 107 begins with a simple yet powerful command: “Give thanks.” Thankfulness shifts your focus from what's missing to what's already been given. When you choose gratitude, you see God's hand even in hard places.

A grateful heart changes your perspective. It softens frustration, replaces complaint with contentment, and turns ordinary moments into reminders of grace. Gratitude doesn't ignore pain—it recognizes God's goodness in spite of it. You can be thankful even in difficulty because His love and mercy never run out.

“A thankful heart is a sign of trust. When we give thanks in all things, we declare that God is still in control and that His goodness is greater than our circumstances.” Gratitude becomes worship when you see everything—blessing and burden—as part of His plan.

The more you practice thankfulness, the more peace you'll experience. Gratitude doesn't just change how you feel—it changes how you live. It draws you closer to God and helps you see His blessings all around you.

**Application:** Write down five things you're thankful for today—big or small. As you do, say a short prayer of thanks for each one. Let gratitude become your first response, not your last resort.

**Prayer:** Lord, thank You for Your unchanging goodness and love. Teach me to live each day with a thankful heart. Even when life feels uncertain, help me remember that You are always worthy of praise. Amen.

### Day 2: The Power of a Thankful Spirit

**Scripture:** “Give thanks in all circumstances; for this is God's will for you in Christ Jesus.”  
— 1 Thessalonians 5:18 (NIV)

Thankfulness isn't something that just happens when life is good. It's a deliberate choice. Paul told the Thessalonian believers to give thanks in all circumstances, not for all circumstances. That distinction matters. Gratitude in every situation doesn't mean pretending pain doesn't exist. It means trusting that God is still working, even when you can't see how.

A thankful heart strengthens faith. When you start to thank God in the middle of your trials, you begin to notice His hand holding you steady. Gratitude and trust grow together. One fuels the other. Complaining magnifies problems, but thanksgiving magnifies God's presence.

“When you give thanks in all things, it becomes easier to see that God's hand has been guiding you all along. Gratitude reminds you that nothing touches your life without first passing through His care.” A thankful spirit doesn't deny the struggle—it declares God's sovereignty in it.

When you choose gratitude, you're not just obeying a command; you're aligning your heart with God's will. That's where peace begins. Gratitude opens your eyes to grace and turns moments of worry into moments of worship.

**Application:** Think of one difficult situation you're facing. Instead of asking God to remove it, thank Him for how He might use it to grow your faith. Write that prayer of thanks in your journal.

**Prayer:** Father, help me see Your goodness in every circumstance. Teach me to thank You even when I don't understand what You're doing. Let gratitude lead me to peace and trust in Your perfect will. Amen.

### Day 3: Contentment in Every Season

**Scripture:** “I have learned to be content whatever the circumstances.” — Philippians 4:11 (NIV)

Contentment isn't something that comes naturally—it's learned. Paul wrote those words while in prison, not while life was comfortable. He had discovered that true peace doesn't depend on circumstances but on Christ. When your satisfaction is rooted in Him, you can experience joy in every season.

We live in a world that constantly tells us we need more—more money, more recognition, more success. But chasing “more” only leads to restlessness. Contentment grows when you stop comparing and start trusting. When Christ is enough, you stop trying to fill your life with temporary things that can never satisfy.

“Contentment is not having everything you want; it's realizing you already have everything you need in Christ. Gratitude and contentment walk hand in hand—they keep your heart steady when life changes.” A grateful heart protects you from envy and self-pity. It reminds you that God has provided exactly what you need for today.

When you learn to rest in God's provision, anxiety loses its grip. You begin to live with peace, not because everything is perfect, but because you know He is faithful. That's the secret Paul discovered—and it's available to you too.

**Application:** Take a few moments to list three blessings in your life that you often overlook. Thank God for each one, and ask Him to help you find contentment right where you are.

**Prayer:** Lord, teach me to be content in every circumstance. Help me stop comparing my life to others and start trusting Your plan for me. Let gratitude fill my heart and peace guard my mind. Amen.

### Day 4: Remembering God's Goodness

**Scripture:** “Praise the Lord, my soul, and forget not all his benefits.” — Psalm 103:2 (NIV)

It's easy to remember our problems, but it takes intention to remember God's blessings. David reminded himself to “forget not all His benefits.” Gratitude begins with remembering. When you recall what God has done, it strengthens your faith for what He's still going to do. Forgetfulness weakens gratitude, but remembrance fuels worship.

Sometimes life moves so quickly that we don't stop to thank God for His daily mercies. Waking up, breathing freely, having food, and being forgiven—these are all gifts of grace. When we take time to remember, our hearts become more aware of how deeply God cares for us.

“When you look back and see how God has carried you through, it builds confidence that He'll do it again. Remembering His goodness protects you from fear and fills you with thanksgiving.” Gratitude grows when you trace God's faithfulness through your story.

When you forget what God has done, worry takes over. But when you remember His blessings, peace returns. The more you count your blessings, the less room there is for complaining. Remembering turns ordinary moments into reasons for praise.

**Application:** Make a short list of five specific ways God has been good to you—this year, this month, or even this week. Spend a few minutes thanking Him for each one, out loud if possible.

**Prayer:** Father, thank You for Your faithfulness in my life. Help me to never forget Your goodness or take Your blessings for granted. Remind me daily of all You've done so that gratitude becomes my habit. Amen.

### Day 5: Gratitude That Overcomes Worry

**Scripture:** “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” — Philippians 4:6 (NIV)

Worry can steal your joy, but gratitude can restore it. Paul gives a clear alternative to anxiety—pray with thanksgiving. When you bring your concerns to God with a grateful heart, fear begins to lose its hold. Worry focuses on what might go wrong; gratitude remembers what God has already made right.

Thanksgiving turns prayer from panic into peace. It reminds you that God has been faithful before, and He will be again. Gratitude doesn't change your situation, but it changes your spirit within it. Every time you thank God in the middle of your struggle, you're declaring that He is bigger than your fear.

“When you learn to thank God while you're waiting, you begin to experience peace before the answer comes. Gratitude shifts your focus from the problem to the Provider.” That's why thanksgiving is powerful—it reorients your heart toward trust.

Peace doesn't come from having control; it comes from letting go. The moment you choose gratitude over worry, you invite God's presence into your situation. That's where the peace that “transcends all understanding” begins.

**Application:** When you start to feel anxious, stop and pray. Name the worry before God, then thank Him for three specific things He's already done for you. Let gratitude lead your prayer.

**Prayer:** Lord, thank You for being faithful in every season. When I'm tempted to worry, remind me to pray with thanksgiving. Fill my heart with peace that only comes from trusting You. Amen.

### Day 6: Living a Life of Thankfulness

**Scripture:** “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” — Colossians 3:17 (NIV)

Gratitude isn't meant to be an occasional response—it's meant to be a way of life. Paul teaches that thankfulness should shape everything we say and do. When your life is filled with gratitude, your attitude, relationships, and witness change. You begin to live with joy because you're constantly aware of God's grace.

A thankful heart glorifies God more than any achievement. It shows the world that your hope isn't in circumstances, but in Christ. Gratitude becomes a testimony—a living expression of your faith. Even in hardship, your thankfulness points others to the goodness of God.

“When we live with continual gratitude, our hearts stay tender, our minds stay humble, and our lives stay centered on Christ.” Thankfulness keeps pride away and joy alive. It reminds you that every good thing comes from the Lord.

Gratitude transforms ordinary routines into opportunities for worship. When you work, speak, or serve with a thankful spirit, you reflect the heart of Jesus. Thankfulness isn't just something you say—it's something you live.

**Application:** Start your day by thanking God for three new blessings each morning this week. Let gratitude set the tone for how you speak, act, and respond to others throughout the day.

**Prayer:** Father, thank You for Your endless goodness and mercy. Help me live every moment with gratitude. Let my words and actions honor You and reflect a thankful heart. Amen.