

HOPE *for the*
HEART

Growing in Gratitude

12 Reasons to Be Thankful

We created this devotional as a guide for prayer, conversation, and reflection – to give thanks to God and grow in gratitude. This step-by-step devotional walks through 12 areas of life to be thankful for – including a Bible verse for each area, questions for reflection and conversation, and examples to help you think through God’s blessings in your life.

You can use this devotional personally, with your family and friends, or with a small group. You’re welcome to share this devotional with others.

May God bless you as you grow in gratitude and give thanks to the Lord.

*“Give thanks to the LORD, for he is good.
His love endures forever.”* (Psalm 136:1)



Give thanks to God for ...

1. God's Character

- *"The LORD is gracious and compassionate, slow to anger and rich in love. The LORD is good to all; he has compassion on all he has made."* (Psalm 145:8-9)
- **Question:** What aspect of God's character are you thankful for? What attribute of God leads you to praise Him?
- **Example:** Thank God for His love, grace, mercy, sovereignty, patience, kindness, presence, compassion, faithfulness, power, etc.

2. Spiritual Blessings

- *"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ."* (Ephesians 1:3)
- **Question:** How has God blessed you in Christ? What spiritual blessing(s) are you thankful for?
- **Example:** Thank God for the forgiveness of sins, promise of Heaven, adoption into God's family, the indwelling Holy Spirit, God's presence in our suffering, assurance of salvation, etc.

3. Favorite Passage of God's Word

- *"The Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled."* (Romans 15:4 NLT)
- **Question:** What is your favorite Bible verse, passage, or story? What promise or passage has been particularly meaningful to you lately?
- **Example:** Thank God for a specific promise or passage that you regularly go back to; a passage that means something special to you or always encourages you.

4. The Church – Your Brothers & Sisters in Christ

- *"Now you are the body of Christ, and each one of you is a part of it."* (1 Corinthians 12:27)
- **Question:** In what ways have you been encouraged by other believers? When you think of your church, what are you thankful for?
- **Example:** Thank God for the fellowship of brothers and sisters; your pastor(s), leaders, teachers, Christian authors, or maybe someone specific who discipled you – who taught you God's Word or who was pivotal in you coming to Christ or growing in your faith.

5. Family & Friends

- *"All the families on earth will be blessed through you."* (Genesis 12:3)
- **Question:** Who are you especially thankful for lately? What is one thing about each family member you're thankful for? What do you love about your friends and family?
- **Example:** Thank God for the gift of family and friends, your siblings, extended family, someone who has always been there for you, or someone who regularly encourages you.

6. Food

- *"He gives food to every creature. His love endures forever."* (Psalm 136:25)
- **Question:** What is your favorite meal? What food have you enjoyed recently?
- **Example:** Thank God for your favorite meal, snack, drink, dessert, spice, sauce, condiment, flavor, or your favorite home-cooked meal, or your favorite restaurant meal.

7. Rest & Relaxation

- *"God gives rest to his loved ones."* (Psalm 127:2)
- **Question:** Who or what helps you feel rested, relaxed, and/or refreshed? How has God helped you find rest and relaxation lately?
- **Example:** Thank God for rest, for sleep, for your bed, favorite pillow, favorite chair to relax in, weekends, vacations, and all the activities and people that help you relax and be refreshed.

8. Memories

- *"I will remember the deeds of the LORD."* (Psalm 77:11)
- **Question:** What memory are you thankful for this year? What is a favorite memory that you are thankful for?
- **Example:** Thank God for the gift of memory, a favorite memory of your childhood or with your loved ones, a memory of your family or someone you've lost, or a memory that always makes you laugh and smile.

9. Nature & Pets

- *"The heavens declare the glory of God; the skies proclaim the work of his hands."* (Psalm 19:1)
- **Question:** What is your favorite season? Where (or when) do you experience God in nature? What do you love about your pet(s) or favorite animal?
- **Example:** Thank God for your favorite kind of weather, for animals, pets, or places you've been where you're just stunned by God's creativity and beauty.

10. Health & Healing

- *“Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases”* (Psalm 103:3)
- **Question:** What aspect of your health (or that of loved ones) can you give thanks for? How was God sustained you in your health?
- **Example:** Thank God for the gift of health, strength, medicine, surgery, doctors, and nurses; for the illnesses He has carried you through and protected you from. Thank Him for the gift of eternal life and the promise that in heaven, there will be no more pain (Revelation 21:4).

11. Work & Ministry

- *“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”* (1 Peter 4:10)
- **Question:** What do you like about your job? What natural talents or spiritual gifts has God given you? What ministry opportunities have you had?
- **Example:** Thank God for your co-workers, for the work and ministry you get to do, for the freedom to do it – for the opportunity to help others, to use your skills, to have purpose, to encourage and serve others, etc. Thank God for the physical, mental, and spiritual gifts He’s given you.

12. Lessons Learned

- *“Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.”* (Psalm 25:5)
- **Question:** What has the Lord been teaching you lately? What have you learned about God, His Word, yourself, or others that has been meaningful to you?
- **Example:** Thank God for the lessons He has taught you, for teachers and those who have helped you learn, and for the Lord’s work in your life.

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

(1 Thessalonians 5:18)

