

Day 1

Thanksfeeling

“For the source of your pleasure is not in my performance or the sacrifices I might offer to you. The fountain of your pleasure is found in the sacrifice of my shattered heart before you. You will not despise my tenderness as I humbly bow down at your feet”.

Psalms 51:16-17 (TPT)

Feeling thankful and saying, “thank you” are two very different things. We learn to say please and thank you at a young age. It’s almost instinctual. But actually feeling thankful, with an authentic heart, is a work of grace. This Thanksgiving why don’t we ask God to soften our hearts to be truly thankful? So that our thankful hearts respond with authentic thanks giving.



5 Days of Thanksgiving Reflections

Day 2

Guard your thanks

*“Guard your speech. Forsake obscenities and worthless insults; these are nonsensical words that bring disgrace and are unnecessary. Instead, let worship fill your heart and spill out in your words.”
Ephesians 5:4 (TPT)*

There's no other time like the holidays that make us want to spew thoughtless comments. With all sorts of personalities around the table, holding our tongue can be pretty hard. But when we guard our words, we are inevitably guarding our thanks. And at the same time, guarding our relationships from resentment, hurt and discord. Let's guard our speech by letting worship and thanks fill our vocab instead.



Day 3

Exclamation of thanks

“Every time you cross my mind, I break out in exclamations of thanks to God. Each exclamation is a trigger to prayer. I find myself praying for you with a glad heart.”

Philippians 1:4-6 (MSG)

A simple text letting a friend know how thankful you are for their life. A quick phone call in the middle of the day to let your spouse know that you thank God for them in your life. A little reminder to a parent that you're thinking of them and are thankful for them. A note in the mail to someone you admire and thank God for. Taking time to express our thankfulness not only blesses the people around us, but also the heart of God.



Day 4

I am blessed

“The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.”

Numbers 6:24-26 (NIV)

When our hearts are sad, when we experience great loss, or when life just feels hard, how can we stay thankful? One way is to declare, “I am blessed”. To be blessed is to know God. He is the source and substance of blessing. And his grace is what makes a way—despite our pain or our own mistakes—for us to be blessed. Remembering his grace, his love, and the fact that He never leaves us, is a reminder to be thankful in every season.



Gratitude List

I'm thankful for:


