

# Gratitude for Coworkers: Cultivating Thankfulness at Work



Explore daily scriptures and reflections to grow a heart of gratitude for your coworkers and foster a positive, supportive workplace.

---

# Table of contents

<u>Introduction</u>	3
<u>Day 1: ✨ Recognizing the Gift of Coworkers</u>	4
<u>Day 2: 💖 Gratitude Builds Stronger Teams</u>	10
<u>Day 3: 💡 Seeing God's Image in Coworkers</u>	16
<u>Day 4: ✨ Appreciating Small Acts of Kindness</u>	22
<u>Day 5: 🧶 Serving with a Grateful Heart</u>	28
<u>Day 6: 🌿 Peace Through Gratitude</u>	34
<u>Day 7: 🎉 Celebrating Coworkers with Joy</u>	40



## Introduction

In the rhythm of our daily work life, it is easy to overlook the people alongside us—our **coworkers**. Yet, expressing *gratitude* for those we work with can transform not only our attitudes but also the very culture of our workplace. Gratitude opens the door to deeper relationships, increased encouragement, and a more uplifting environment.

Throughout the Bible, we find clear calls to thankfulness and appreciation for one another. This 7-day Bible study plan focuses on cultivating a heart of **gratitude for coworkers**, recognizing their value, and reflecting God's love in our interactions. Each day will highlight a scripture and provide devotional insights designed to change how you view and engage with those on your team.

Whether you work alongside people who challenge you or those who uplift you, this study invites you to pause, reflect, and pray for a spirit of gratitude that builds unity and peace at work. May this journey bless your heart and transform your workplace into a community marked by *thankfulness*.





# Day 1: ✨ Recognizing the Gift of Coworkers



Day 1: ✨ Recognizing the Gift of Coworkers

## Your Verse

*1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

## Supporting Scriptures

- *Colossians 3:15 – "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."*
- *Philippians 1:3 – "I thank my God every time I remember you."*



Day 1: ✨ Recognizing the Gift of Coworkers

## Devotional: Thank God for Your Coworkers Today

**Gratitude begins with recognition.** Today's scripture reminds us that giving thanks is God's will, even in everyday situations. When we think about our coworkers—those who surround us during much of our day—it's important to see them as gifts. Each person brings unique skills, perspectives, and personality to the team.

*How often do you pause to thank God for your coworkers?* This day challenges us to start doing just that. Whether your interactions have been smooth or challenging, giving thanks helps shift our perspective from complaints to appreciation.

By choosing thankfulness, we align ourselves with God's will and invite peace into our work environment. Let this gratitude become a foundation for stronger, more loving relationships.



Day 1: ✨ Recognizing the Gift of Coworkers

## Reflect and Apply

1. How do you currently view your coworkers—primarily as assets, challenges, or something else?

---

---

---

2. What has God shown you about the importance of gratitude at work?

---

---

---

3. In what ways can thanking God first impact your daily interactions with coworkers?

---

---

---



Day 1: ✨ Recognizing the Gift of Coworkers

## Journaling Prompts

1. List three qualities you appreciate in your coworkers.

---

---

---

2. Recall a positive experience with a coworker that made you thankful.

---

---

---

3. Write a prayer of gratitude for your workplace this week.

---

---

---





Day 1: ✨ Recognizing the Gift of Coworkers

## Prayer for Today

**Lord, help me see my coworkers as the blessings they are.** Teach me to appreciate their unique contributions and to express gratitude even when it's difficult. May my heart align with Your will as I choose thankfulness, bringing peace and unity to my workplace. Help me be a light that reflects Your love to those around me. *In Jesus' name, Amen.* 🙏👜💖





## Day 2: Gratitude Builds Stronger Teams



## Day 2: 🧡 Gratitude Builds Stronger Teams

## Your Verse

*Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."*

## Supporting Scriptures

- *Hebrews 10:24-25 - "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, but encouraging one another."*
- *Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."*



Day 2: 🧡 Gratitude Builds Stronger Teams

## Devotional: Thankfulness Strengthens Team Unity

**Teamwork thrives on encouragement and mutual care.** When we are grateful for our coworkers, it naturally leads to supporting and uplifting them. Ecclesiastes highlights the power of partnership—when one person struggles, another can provide help.

*Gratitude cultivates a spirit of cooperation and sacrifice.* It reminds us that no one achieves success alone, and every coworker plays a vital role. A thankful heart opens us to honor and prioritize those around us, creating a more cohesive team.

Let today inspire you to intentionally appreciate the ways your coworkers contribute, and find practical ways to encourage them as you walk alongside each other in your work journey.



## Day 2: 🧡 Gratitude Builds Stronger Teams

## Reflect and Apply

1. Where have you seen teamwork flourish because of mutual appreciation?

---

---

---

2. How can gratitude motivate you to support coworkers more intentionally?

---

---

---

3. What differences could grow in your workplace if everyone expressed thanks daily?

---

---

---



## Day 2: 🧡 Gratitude Builds Stronger Teams

# Journaling Prompts

1. Write about a time when a coworker helped you during a difficult moment.

---

---

---

2. List ways you can encourage or honor a coworker this week.

---

---

---

3. Reflect on how gratitude could improve your team's performance and morale.

---

---

---



Day 2: 🧡 Gratitude Builds Stronger Teams

## Prayer for Today

**Father, thank You for the teammates You've placed around me.** Help me to build up others with words of encouragement and acts of kindness. Show me how to honor and support my coworkers so we work well together and glorify You through our unity. Fill my heart with gratitude that moves me to love like You love. Amen. ❤️ 😊 🙏





## Day 3: 💡 Seeing God's Image in Coworkers





## Day 3: 💡 Seeing God's Image in Coworkers

## Your Verse

*Genesis 1:27 - "So God created mankind in his own image, in the image of God he created them; male and female he created them."*

## Supporting Scriptures

- *James 2:8-9 - "If you really keep the royal law found in Scripture, 'Love your neighbor as yourself,' you are doing right."*
- *Matthew 7:12 - "So in everything, do to others what you would have them do to you."*



Day 3: 💡 Seeing God's Image in Coworkers

## Devotional: Cherish Coworkers as God's Masterpieces

**Every coworker is made in God's image.** This truth calls us to respect and appreciate them deeply. When we view others as reflections of God's character and creativity, gratitude comes naturally, and judgment fades.

*Gratitude builds empathy and kindness.* It shifts our focus from faults or frustrations to dignity and love. Jesus' command to love our neighbor as ourselves reminds us to treat coworkers with the grace we desire.

Challenge yourself to see beyond differences, stresses, or mistakes and recognize the divine imprint in each colleague. Doing so will enrich your gratitude and transform your workplace relationships.



## Day 3: 💡 Seeing God's Image in Coworkers

## Reflect and Apply

1. What changes in your attitude when you remember that coworkers reflect God's image?

---

---

---

2. How does this perspective affect the way you interact with challenging coworkers?

---

---

---

3. In what ways can you demonstrate more kindness at work through gratitude?

---

---

---



Day 3: 💡 Seeing God's Image in Coworkers

# Journaling Prompts

1. Describe how remembering God's image in others affects your gratitude.

---

---

---

2. Identify a coworker you find difficult and write down their strengths.

---

---

---

3. Write a prayer asking God to help you love coworkers as He does.

---

---

---



Day 3: 💡 Seeing God's Image in Coworkers

## Prayer for Today

God, thank You for creating each coworker in Your image. Help me to see them as You see them—with love, worth, and purpose. Remove any judgment or bitterness I hold, and fill me with compassion and thankfulness. Teach me to honor everyone I work with as a reflection of You. Amen. ✨ 🙏 ❤️



# Day 4: ✨ Appreciating Small Acts of Kindness



Day 4: ✨ Appreciating Small Acts of Kindness

## Your Verse

*Luke 17:12-19 - "One of them, when he saw he was healed, came back, praising God in a loud voice."*

## Supporting Scriptures

- *1 Corinthians 1:4 - "I always thank my God for you because of his grace given you in Christ Jesus."*
- *Psalms 107:1 - "Give thanks to the Lord, for he is good; his love endures forever."*



Day 4: ✨ Appreciating Small Acts of Kindness

## Devotional: Grateful for Everyday Kindness

**Gratitude often grows strongest for small kindnesses.** In Luke's account, ten lepers were healed, but only one returned to thank Jesus. This thankful heart is a model for us.

*At work, simple gestures from coworkers—offering help, sharing a smile, or listening—deserve our gratitude.* Recognizing these moments builds a culture of appreciation and joy. When we express thanks for the little things, it encourages more kindness to flow.

Today, focus on noticing and valuing the daily, small acts of goodness in your workplace, then let your heart overflow with gratitude.





## Day 4: ✨ Appreciating Small Acts of Kindness

## Reflect and Apply

1. What small acts of kindness have you noticed recently at work?

---

---

---

2. How do you typically respond to the small blessings in your day?

---

---

---

3. In what ways can expressing thanks for these encourage a positive environment?

---

---

---



Day 4: ✨ Appreciating Small Acts of Kindness

## Journaling Prompts

1. List three small acts of kindness you are thankful for at work.

---

---

---

2. Write how you felt when someone appreciated you recently.

---

---

---

3. Plan a small way to show gratitude to a coworker today.

---

---

---



Day 4: ✨ Appreciating Small Acts of Kindness

## Prayer for Today

**Lord, open my eyes to the small kindnesses I might overlook.** Help me to appreciate and thank You and others for the daily blessings at work. Fill my heart with joy and a spirit of gratitude that uplifts everyone I meet. May my thankfulness be a light that brightens my workplace. Amen. 🌸 🙏 😊





## Day 5: Serving with a Grateful Heart



Day 5: ✂ Serving with a Grateful Heart

## Your Verse

*Galatians 5:13 – "Serve one another humbly in love."*

## Supporting Scriptures

- *Mark 10:45 – "For even the Son of Man did not come to be served, but to serve."*
- *1 Peter 4:10 – "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace."*



Day 5: ✂ Serving with a Grateful Heart

## Devotional: Grateful Service Reflects God's Love

**Thankfulness naturally leads to serving.** When we appreciate our coworkers, we desire to support and bless them.

*Serving with humility honors both God and those we work with.* Jesus modeled a life of selfless service, and as His followers, we are called to do likewise. Gratitude transforms tasks and interactions—service becomes less of an obligation and more of an expression of love.

Today, embrace opportunities to serve your coworkers with a thankful heart, remembering that your service reflects God's grace working through you.



Day 5: ✂ Serving with a Grateful Heart

## Reflect and Apply

1. How does gratitude change your attitude toward serving coworkers?

---

---

---

2. What are some practical ways you can serve others at work this week?

---

---

---

3. In what areas do you feel God is calling you to humbly serve?

---

---

---



Day 5: ✂ Serving with a Grateful Heart

## Journaling Prompts

1. Describe a recent time when you served a coworker with gladness.

---

---

---

2. List gifts and talents you can use to bless others at work.

---

---

---

3. Write a commitment to serve one coworker intentionally this week.

---

---

---





Day 5: 🧶 Serving with a Grateful Heart

## Prayer for Today

**Lord, thank You for the example of humble service in Jesus.** Help me to serve my coworkers with joy and gratitude. Teach me to see each opportunity to help as a chance to reflect Your love. May my actions bring honor to You and blessings to those around me. Amen. 🙌❤️🙏





## Day 6: Peace Through Gratitude



## Day 6: 🌿 Peace Through Gratitude

## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

## Supporting Scriptures

- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast."*
- *Psalms 34:1 - "I will extol the Lord at all times; his praise will always be on my lips."*



Day 6: 🌿 Peace Through Gratitude

## Devotional: Thankfulness Brings God's Peace

**Gratitude is a powerful antidote to anxiety and stress.** Philippians encourages us to present our worries to God with thanksgiving, resulting in peace that surpasses understanding.

*In the workplace, challenges and pressures can cause tension.* Choosing gratitude shifts our focus from problems to God's provision and the good around us, calming our hearts and minds.

As you reflect today, invite God to replace any anxiety with His peace by cultivating a thankful spirit toward your coworkers and your situation.



## Day 6: 🌿 Peace Through Gratitude

## Reflect and Apply

1. What worries do you struggle with at work that steal your peace?

---

---

---

2. How can presenting your concerns with thanksgiving change your outlook?

---

---

---

3. What role does gratitude play in guarding your heart and mind?

---

---

---



Day 6: 🌿 Peace Through Gratitude

## Journaling Prompts

1. Write down anxieties related to work and rewrite them as prayers of thanks.

---

---

---

2. Describe a moment when gratitude helped you experience peace.

---

---

---

3. Commit to pausing daily to thank God for your workplace and coworkers.

---

---

---



Day 6: 🌿 Peace Through Gratitude

## Prayer for Today

**Heavenly Father, I bring my worries to You with a thankful heart.** Help me to trust You fully and experience Your peace amid work pressures. Guard my heart and mind through Christ Jesus, and remind me to praise You always for Your goodness. Fill me with calm strength today. Amen. 🌿 🙏 🕊





## Day 7: 🎉 Celebrating Coworkers with Joy





Day 7: 🎉 Celebrating Coworkers with Joy

## Your Verse

*Romans 12:15 – "Rejoice with those who rejoice; mourn with those who mourn."*

## Supporting Scriptures

- *1 Corinthians 12:26 – "If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it."*
- *Psalms 118:24 – "This is the day the Lord has made; let us rejoice and be glad in it."*



Day 7: 🎉 Celebrating Coworkers with Joy

## Devotional: Joyful Gratitude Celebrates Others' Blessings

**True gratitude includes celebrating the joys of others.** Romans tells us to rejoice with those who rejoice, joining in their happiness as an expression of love.

*At work, being genuinely happy for coworkers' successes and milestones fosters unity and encouragement.* A thankful heart celebrates others instead of envying or competing.

Today, reflect on opportunities to share joy and appreciation with your coworkers. Let your gratitude overflow into genuine rejoicing over their blessings.



Day 7: 🎉 Celebrating Coworkers with Joy

## Reflect and Apply

1. How do you typically respond to coworkers' successes and celebrations?

---

---

---

2. What prevents you from fully rejoicing with others at work?

---

---

---

3. How can celebrating together build a stronger, more grateful community?

---

---

---



Day 7: 🎉 Celebrating Coworkers with Joy

## Journaling Prompts

1. Write about a recent time you celebrated a coworker's achievement.

---

---

---

2. List ways you can encourage and rejoice with coworkers this week.

---

---

---

3. Pray for a heart that delights in others' blessings without reservation.

---

---

---



Day 7: 🎉 Celebrating Coworkers with Joy

## Prayer for Today

**Lord, thank You for the gift of community at work.** Help me to rejoice wholeheartedly with my coworkers in their joys and triumphs. Let my gratitude overflow into celebration, building unity and love. Teach me to be an encourager who reflects Your joy and peace. Amen. 🎉 🙏 😊





## Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

### Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

### Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.  
Email us at [info@holyjot.com](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.  
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.