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Introduction

Gratitude is a timeless response to God's goodness, vividly illustrated throughout the Old Testament. These ancient stories are not just historical accounts; they are windows into the hearts of people who experienced God's faithfulness firsthand and responded with thankfulness.

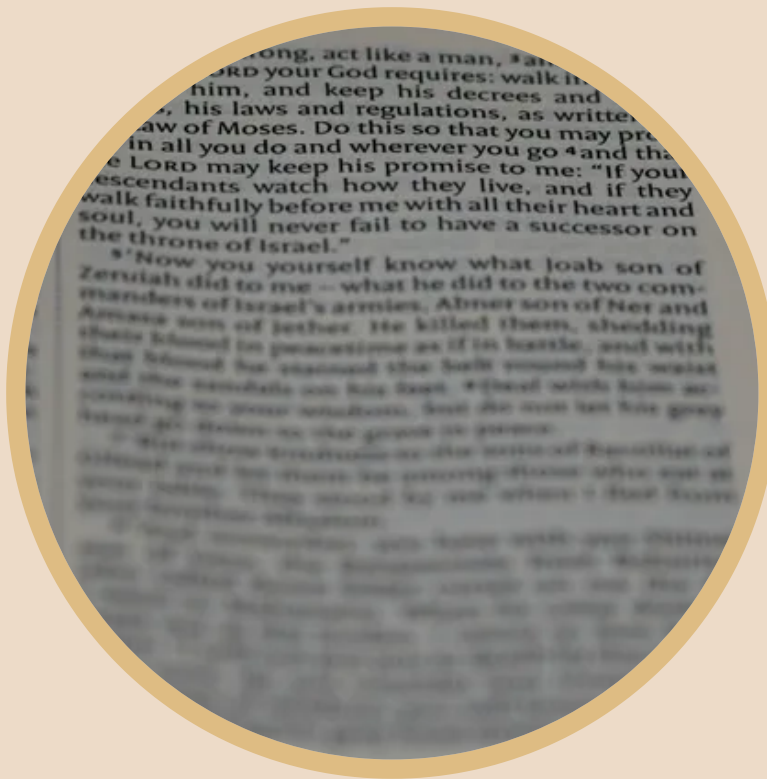
From the faithfulness of Noah after the flood, to the humility and gratitude of Hannah, and the sacrificial thanks offered by the Israelites after deliverance, the Old Testament offers rich examples of what it means to live a life marked by gratitude. These narratives teach us valuable lessons about recognizing and expressing thanks even amidst trials, uncertainties, and blessings alike.

Why study gratitude through the Old Testament? Because it grounds our thankfulness in a covenant relationship with God, shows us how to maintain a thankful heart through difficulties, and models worship and remembrance as acts of gratitude. In this study, we will explore five key stories that highlight different facets of gratitude—from praise and sacrifice to spoken prayers and lifelong commitments to remembrance.

As we journey through these stories, consider how gratitude shaped the lives of these ancient believers and how it can transform your own life. May these accounts inspire you to cultivate a heart of thankfulness that goes beyond words into sincere, joyful living. **Let's discover how gratitude was lived out and how it continues to be a powerful response to God's enduring love.** 🙏



Day 1: 🌈 Thankfulness After the Flood



Day 1: 🌈 Thankfulness After the Flood

Your Verse

Genesis 8:20-22 - Then Noah built an altar to the Lord and, taking some of all the clean animals and clean birds, he sacrificed burnt offerings on it.

Supporting Scriptures

- *Genesis 9:12 - 'This is the sign of the covenant I am making between me and you and every living creature with you.'*
- *Psalms 107:1 - 'Give thanks to the Lord, for he is good; his love endures forever.'*



Day 1: 🌈 Thankfulness After the Flood

Devotional: Noah's Altar: Gratitude After Deliverance

After the devastating flood, Noah's first act was to build an altar and offer sacrifices of thanksgiving to God. This act was deeply symbolic. It expressed gratitude not only for deliverance from destruction but also for the promise of the covenant God established with every living creature—a commitment that life and seasons would continue. Noah's gratitude was an acknowledgment of God's mercy and faithfulness.

Gratitude often emerges after hardship. It acknowledges the divine protection and provision that sustains us. Noah's altar reminds us that gratitude is an active response: worship and sacrifice. In a world that constantly changes, gratitude anchors us in the faithfulness of God's promises.

Consider how gratitude can be your response to past trials or present blessings. Like Noah, we can find strength in remembering and celebrating God's goodness in our lives.



Day 1: 🌈 Thankfulness After the Flood

Reflect and Apply

1. What floods or major trials has God helped me overcome in my life?

2. How does remembering God's past faithfulness inspire me to offer thanks today?

3. In what ways can I actively express my gratitude to God beyond just thoughts or words?



Day 1: 🌈 Thankfulness After the Flood

Journaling Prompts

1. Write about a time you experienced deliverance or protection and how you responded.

2. List specific blessings you can thank God for right now.

3. Describe how you can create a personal 'altar' of gratitude in your daily life.



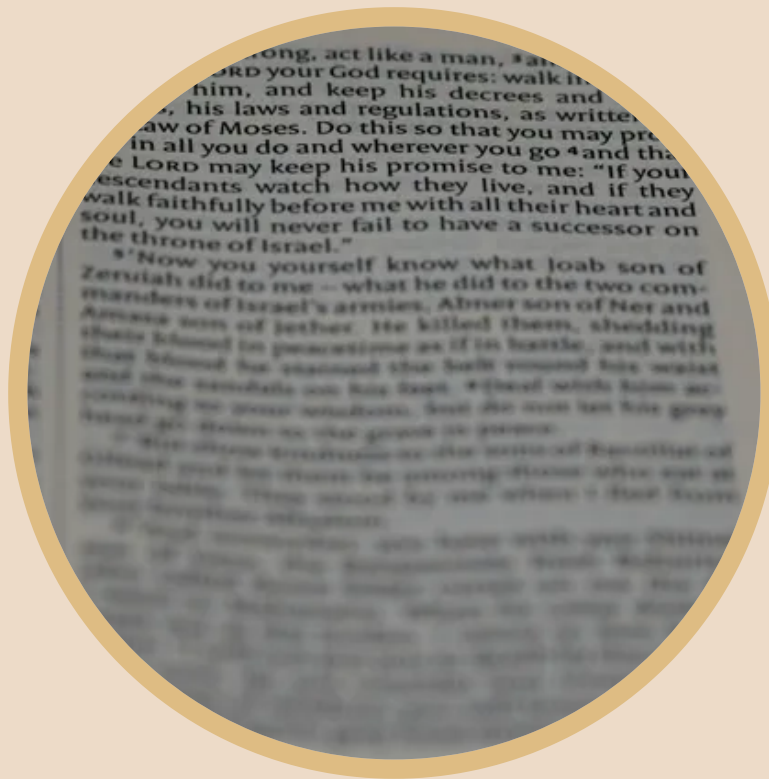
Day 1: 🌈 Thankfulness After the Flood

Prayer for Today

Father God, thank You for Your faithfulness and mercy, just as You showed it through Noah's deliverance. Help me cultivate a heart that responds to Your goodness with sincere thanksgiving. Teach me to remember Your promises and to express my gratitude through worship and actions. May my life be a living altar to You. *Thank You for sustaining me through every season.* In Jesus' name, Amen. 🙏🌿🌟



Day 2: 🎵 Hannah's Prayer of Gratitude



Day 2: 📖 Hannah's Prayer of Gratitude

Your Verse

1 Samuel 2:1-10 – Hannah prayed, 'My heart rejoices in the Lord; in the Lord my horn is lifted high.'

Supporting Scriptures

- *1 Samuel 1:27 – 'I prayed for this child, and the Lord has granted me what I asked of him.'*
- *Psalms 34:1 – 'I will extol the Lord at all times; his praise will always be on my lips.'*



Devotional: Hannah's Prayer: Joyful Praise for God's Answer

Hannah's story is a poignant example of gratitude emerging from deep personal longing and answered prayer. After years of barrenness, God blessed her with a son, Samuel, and her gratitude overflowed into a beautiful prayer of praise. Hannah's prayer is full of hope, trust, and recognition of God's sovereignty and justice.

Her gratitude is not passive; it is powerful worship that proclaims God's greatness before others. Hannah gives God glory not only for the gift of her son but for who He is—the giver of life and the one who raises the humble.

When we face long seasons of waiting, like Hannah, God's timing and answering of our prayers invites a faith-filled gratitude. We can join her in praising God not only for what He does but for who He is—our stronghold, provider, and just judge.



Reflect and Apply

1. Have I experienced answered prayers that prompted deep gratitude?

2. How can I express gratitude even during times of waiting or hardship?

3. What attributes of God am I most thankful for, beyond the blessings I receive?



Day 2:  Hannah's Prayer of Gratitude

Journaling Prompts

1. Write your own prayer of thanksgiving for a recent blessing or answered prayer.

2. Reflect on a difficult time and describe ways God's character gave you hope.

3. List ways you can praise God daily, inspired by Hannah's example.



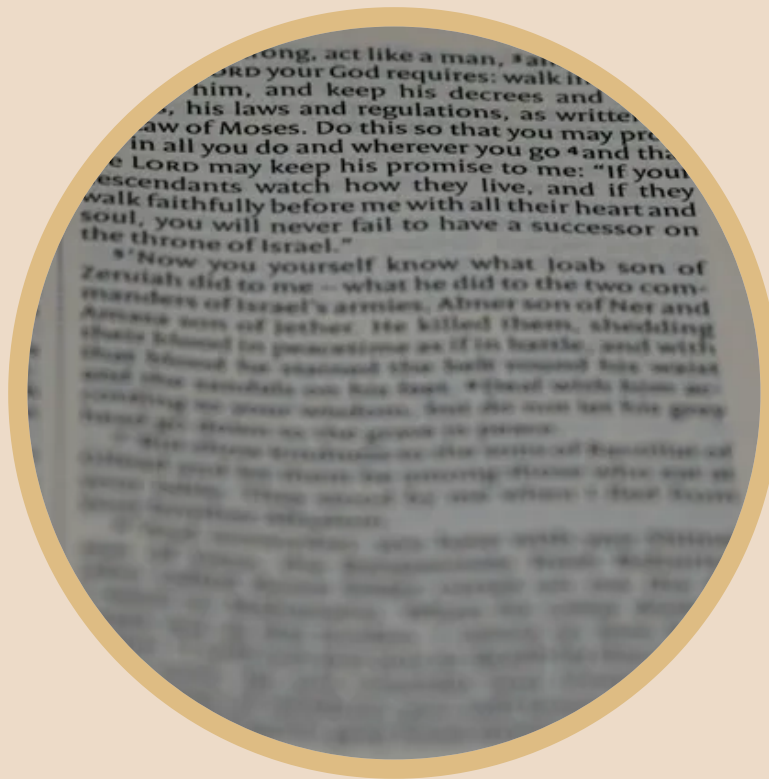
Day 2: 🎵 Hannah's Prayer of Gratitude

Prayer for Today

Lord, thank You for hearing my prayers and answering according to Your perfect will. Like Hannah, I want my heart to rejoice in You and to lift You high with praise. Help me recognize Your presence in every season and to worship You with gratitude, trusting Your timing and power. May my life continually testify to Your goodness. *Amen.* 🙏🌸📖



Day 3: Sacrifice and Thanks in Leviticus



Day 3: 🔥 Sacrifice and Thanks in Leviticus

Your Verse

Leviticus 7:12-15 - This is the food offering you are to present before the Lord as an aroma pleasing to the Lord.

Supporting Scriptures

- *Psalm 50:14 - 'Offer to God a sacrifice of thanksgiving and perform your vows to the Most High.'*
- *Hebrews 13:15 - 'Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.'*



Devotional: Sacrificial Gratitude: Offering Our Best to God

The Old Testament sacrificial system given in Leviticus included thank offerings, illustrating that gratitude should be tangible and costly. These sacrifices weren't merely rituals; they were acts of devotion expressing thankfulness for God's provision and grace.

Gratitude calls for giving back to God—whether through offerings, worship, or service. They represent acknowledgment that all we have is from Him and a willingness to honor Him sacrificially. These ancient practices point forward to the ultimate sacrifice of Jesus, who enables us to offer genuine praise and thanks from transformed hearts.

Today, while we may not offer literal animal sacrifices, the call remains to offer our lives as a living sacrifice of gratitude. How can our attitudes, time, resources, and talents become fragrant offerings pleasing to God?



Day 3: 🔥 Sacrifice and Thanks in Leviticus

Reflect and Apply

1. What sacrifices—not just material—am I willing to make to express my gratitude?

2. How does understanding biblical sacrifices deepen my appreciation of Jesus' sacrifice?

3. In what practical ways can I offer my life as a living thank offering?



Day 3: 🔥 Sacrifice and Thanks in Leviticus

Journaling Prompts

1. Write about what you feel called to 'offer' to God as a sign of gratitude.

2. Reflect on how your actions can be a 'pleasing aroma' to God in daily life.

3. List ways you can cultivate a thankful heart that honors God sacrificially.



Day 3: 🔥 Sacrifice and Thanks in Leviticus

Prayer for Today

Gracious God, thank You for the gift of gratitude that moves us beyond words to acts of devotion and worship. Teach me to offer my life, time, and talents as a pleasing sacrifice to You. May my thanksgiving be tangible, honoring Your provision and grace every day. Through Jesus, I give You praise and thanks.

Amen. 🙏🔥💖



Day 4: ✨ David's Psalms of Gratitude



Day 4: ✨ David's Psalms of Gratitude

Your Verse

Psalm 136:1 – Give thanks to the Lord, for he is good. His love endures forever.

Supporting Scriptures

- *Psalm 100:4 – 'Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.'*
- *Psalm 103:2 – 'Praise the Lord, my soul, and forget not all his benefits.'*



Devotional: David's Psalms: Gratitude as a Daily Habit

King David's psalms give us rich language for expressing gratitude, highlighting thanksgiving as a continual and communal act. Psalm 136, with its repeated refrain, reminds us tirelessly that God's love endures forever—an unchanging reason to be thankful.

David's example teaches us that gratitude can be a lifestyle, not just a moment of thanks. It draws the heart to remember God's mighty acts, steadfast love, and faithful care. This remembrance fuels joy and praise, even amidst difficulties.

In your own life, cultivate the habit of gratitude by remembering God's blessings daily. Like David, let your soul never forget the goodness of the Lord and express it in worship and praise through song, prayer, or spoken words.



Reflect and Apply

1. How can I make gratitude a daily practice rather than an occasional feeling?

2. What 'benefits' of God's are easiest for me to forget? How can I remember them?

3. How does expressing gratitude regularly impact my relationship with God?



Day 4: ✨ David's Psalms of Gratitude

Journaling Prompts

1. Write a psalm or poem expressing your gratitude to God.

2. List ways to incorporate gratitude into your daily routine.

3. Think about a tough time and note how remembering God's love helped you.



Day 4: ✨ David's Psalms of Gratitude

Prayer for Today

Lord, my Rock, I thank You for Your steadfast love that never ends. Help me to remember Your benefits each day and to enter Your presence with thanksgiving and praise. Teach me to live a heart of gratitude that honors You continually. May my soul always rejoice in You. *In Jesus' name, Amen.* 🎵❤️





Day 5: 🎉 The Israelites' Festival of Thanks



Day 5: 🍷 The Israelites' Festival of Thanks

Your Verse

Deuteronomy 16:15 – Celebrate the festival of weeks to the Lord your God with a tribute of a freewill offering from your heart.

Supporting Scriptures

- *Leviticus 23:40 – 'Celebrate it as a festival to the Lord for seven days each year.'*
- *Nehemiah 12:43 – 'The people gave great sacrifices and rejoiced, because God had given them cause to rejoice.'*



Day 5: 🎉 The Israelites' Festival of Thanks

Devotional: Celebrating Gratitude Together in Community

The Feast of Weeks (Shavuot) was a joyful festival where the Israelites celebrated God's provision and harvest with freewill offerings from their hearts. It was a communal expression of gratitude that reminded the people of God's faithfulness in sustaining them physically and spiritually.

Gratitude is most powerful when shared—the community rejoices and strengthens one another. The Israelites model how celebrating God's goodness through festivals, remembrance, and generosity cultivates thankful hearts and deepens faith.

Today, remember that your gratitude doesn't have to be solitary. Share it in community, join in worship, and look for opportunities to give generously as thank offerings. Together, we celebrate how abundant and faithful God's blessings are.



Day 5: 🎉 The Israelites' Festival of Thanks

Reflect and Apply

1. How does sharing gratitude with others enhance my thankfulness?

2. What kinds of 'festivals' or celebrations can I create to remember God's goodness?

3. In what ways can generosity be an expression of gratitude in my life?



Day 5: 🎉 The Israelites' Festival of Thanks

Journaling Prompts

1. Describe a time when celebrating with others deepened your gratitude.

2. Plan a personal or family 'festival' to give thanks to God regularly.

3. Write about what generosity means to you and how it expresses thanks.



Day 5: 🌾 The Israelites' Festival of Thanks

Prayer for Today

Gracious Father, thank You for the joy and provision You continually pour into our lives. Teach me to celebrate Your goodness not in isolation but with others, sharing thankfulness and generosity from a joyful heart. May my life be a festival of gratitude in community, honoring You always. *Amen.* 🌾💛





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