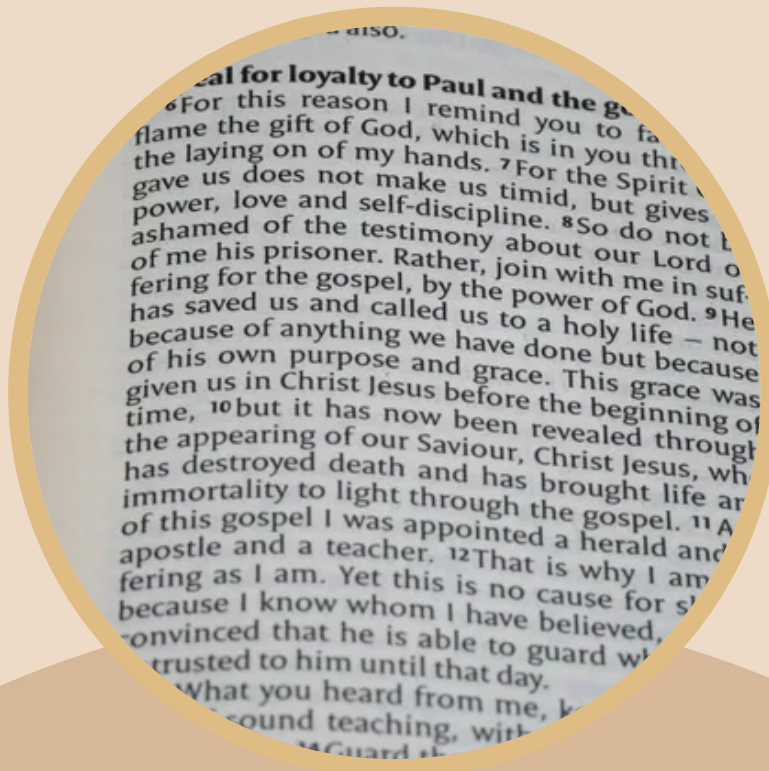




# Jesus' Teachings on Gratitude



Explore Jesus' profound lessons on gratitude, discovering how gratitude transforms our hearts, deepens faith, and shapes our daily walk with God.



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## Introduction

**Gratitude** is a powerful spiritual discipline that Jesus taught vividly through His words and actions. It is not merely saying “thank you” but an attitude of the heart that recognizes God’s goodness and faithfulness in every circumstance.

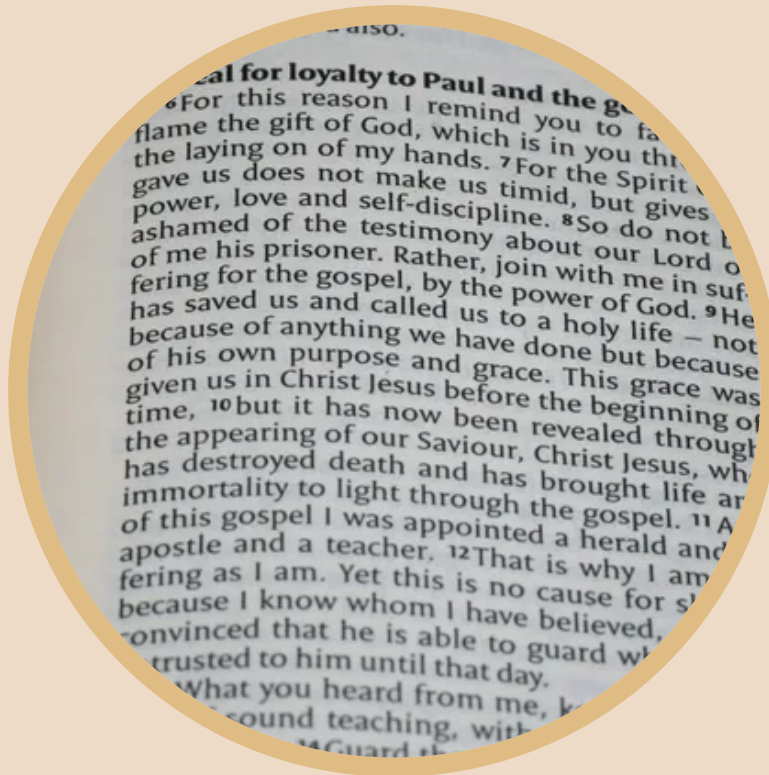
Throughout the Gospels, Jesus consistently emphasized gratitude as an essential aspect of our relationship with God and others. From healing the ten lepers to the Lord’s Prayer, gratitude is woven into His teachings, encouraging us to live with thankful hearts that acknowledge God’s grace and provision.

*Why is gratitude so central to Jesus’ message?* Gratitude shifts our focus from what we lack to the abundant blessings God provides. It nurtures joy, peace, and contentment even amid trials. Jesus showed us that gratitude is not dependent on circumstances but on faith in God’s unwavering character.

In this 5-day study, we will explore key moments where Jesus taught or modeled gratitude. We will examine how gratitude fosters humility, fuels prayer, heals relationships, and empowers generosity. By letting Jesus’ teachings on gratitude shape our lives, we open ourselves to experience God’s presence and grace in deeper ways. **Let’s embark on this journey of becoming deeply grateful followers of Christ.** 🙏 ✨



## Day 1: 🙏 Gratitude in Prayer



## Your Verse

*Luke 18:11-13 - "The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people...' But the tax collector, standing far off, would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'"*

## Supporting Scriptures

- *1 Thessalonians 5:18 - "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*
- *Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*



Day 1: 🙏 Gratitude in Prayer

## Devotional: Cultivating Gratitude Through Humble Prayer

Jesus teaches us that **gratitude in prayer** is more than formality—it reflects the condition of our hearts. In Luke 18, the Pharisee boasts of his righteousness, yet lacks humility and true thankfulness. In contrast, the tax collector approaches God with humility and a repentant heart, knowing he desperately needs mercy. Jesus values the humble, grateful heart over prideful self-reliance.

Paul echoes this sentiment, instructing us to give thanks in all circumstances and present our requests with thanksgiving. Gratitude is an expression of trust—it acknowledges God's sovereignty even when life is uncertain. When we enter God's presence with thankful hearts, we open ourselves to His peace and guidance.

**Practice beginning your prayers with gratitude**—thank God for who He is and what He has done before sharing your concerns. This shifts your perspective from worry to trust and aligns your heart with God's will. *Let your prayers be a reflection of a thankful heart that clings to Jesus' teachings.*



## Reflect and Apply

1. How does Jesus' parable challenge the way I approach prayer?

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2. In what ways can beginning my prayers with gratitude change my outlook on life?

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3. Do I tend to be more like the Pharisee or the tax collector in my relationship with God?

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Day 1: 🙏 Gratitude in Prayer

## Journaling Prompts

1. Write about a recent time you prayed with a thankful heart. How did it feel?

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2. List three things you can thank God for today, regardless of your current challenges.

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3. Reflect on any barriers that keep you from praying with gratitude and how to overcome them.

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Day 1: 🙏 Gratitude in Prayer

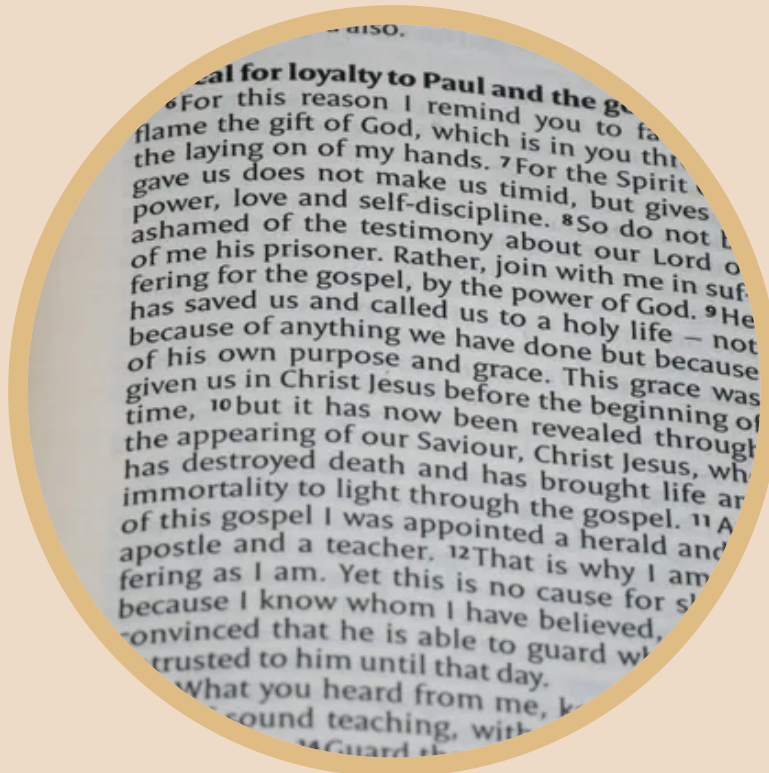
## Prayer for Today

**Dear Lord**, thank You for always being attentive to my prayers. Help me to come before You with humility and a grateful heart, trusting Your goodness in every circumstance. Teach me to recognize Your blessings and to hold on to Your peace through thanksgiving. May my prayers become a true reflection of gratitude that honors You. In Jesus' name, *amen*. 🙏❤️✨





## Day 2: ✨ Gratitude and Healing



## Your Verse

*Luke 17:15-16 - "One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him—and he was a Samaritan."*

## Supporting Scriptures

- *Psalm 107:1 - "Give thanks to the Lord, for he is good; his love endures forever."*
- *Colossians 3:17 - "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."*



## Devotional: The Healing Power of a Thankful Heart

In Luke 17, Jesus heals ten lepers, but only one returns to give thanks. This grateful man, a Samaritan outsider, recognizes the blessing and responds with worship. Jesus highlights the importance of gratitude—not just receiving blessings, but acknowledging God's work in our lives.

**Gratitude is intertwined with healing and restoration.** It opens our hearts to God's transformative power. When we pause to thank God for His healing, whether physical, emotional, or spiritual, we affirm His hand at work and deepen our connection with Him.

Just as the healed man fell at Jesus' feet, our thanksgiving invites closer intimacy with God. Gratitude is not a passive feeling but an active response that honors God's grace. It shifts our focus from what is broken to what has been made new.

*Today, reflect on how gratitude has led to healing in your life. Thank God for past and present restoration, and allow your heart to worship Him fully.*



## Reflect and Apply

1. Have I experienced times when gratitude led me to deeper healing or peace?

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2. Why do you think only one leper returned to thank Jesus?

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3. How can expressing gratitude foster spiritual restoration in your life?

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# Journaling Prompts

1. Recall a moment when you received unexpected healing. How did you respond?

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2. Write a prayer thanking God for specific healings or changes He has brought.

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3. Describe ways you can cultivate a habit of gratitude when blessings come.

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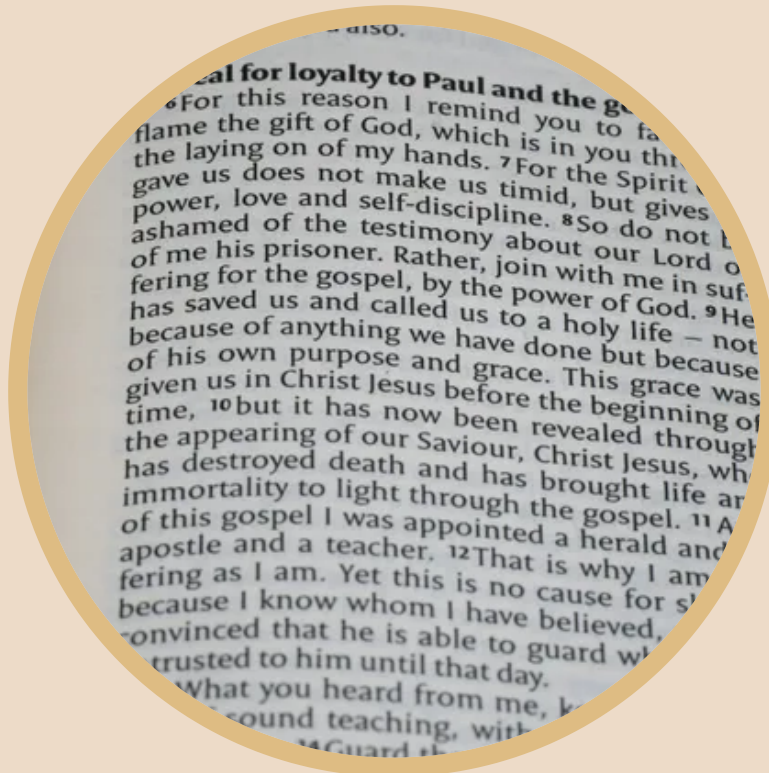
## Prayer for Today

**Heavenly Father**, thank You for the healing You bring—seen and unseen. Help me remember to always return to You with praise when You restore my soul and body. Teach me to cultivate a thankful heart that acknowledges Your constant work in my life. May my gratitude deepen my relationship with You and inspire others to worship You wholeheartedly. In Jesus' name I pray, *amen.* 🌿 🙏 ❤️





## Day 3: 💡 Gratitude and Humility





## Your Verse

*Matthew 6:1-4 – "Be careful not to practice your righteousness in front of others to be seen by them... But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret."*

## Supporting Scriptures

- *James 4:6 – "God opposes the proud but shows favor to the humble."*
- *Proverbs 3:34 – "He mocks proud mockers but shows favor to the humble and oppressed."*



## Devotional: Humility: The Foundation of True Gratitude

Jesus teaches an essential lesson linking **gratitude and humility**. When we give or serve, it's tempting to seek recognition; however, true gratitude reflects a humble heart that desires to honor God, not self.

Living gratefully means recognizing that all we have is from God's generous hand. This awareness humbles us and prevents pride from taking root. Jesus warns against practicing righteousness for human applause and invites us to give in secret, trusting God to reward us.

*Humility and gratitude go hand-in-hand.* When we embrace our dependence on God, gratitude flows naturally, preventing the temptation to boast and encouraging genuine love and service.

Today, ask God to reveal areas where pride may block your gratitude and to cultivate a humble heart that values God's approval above all.



## Reflect and Apply

1. How does humility enhance or hinder my ability to be grateful?

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2. In what ways do I seek recognition instead of giving quietly for God's glory?

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3. How can I practice gratitude that reflects God's grace rather than my achievements?

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# Journaling Prompts

1. Write about a time you gave or served humbly and what you learned.

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2. List ways you can cultivate humility in daily life to accompany gratitude.

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3. Reflect on the difference between giving for recognition versus giving out of gratitude.

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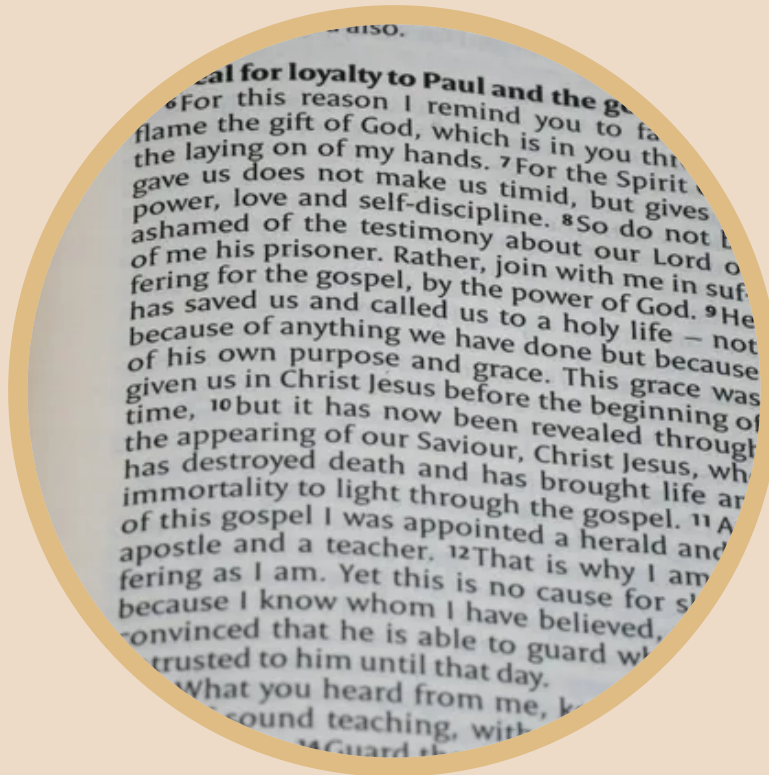
## Prayer for Today

**Lord Jesus**, thank You for teaching me the value of humility in cultivating a grateful heart. Help me to serve and give without seeking praise, trusting that You see and reward all acts done for Your glory. Remove pride from my heart and fill me with genuine gratitude for Your blessings. Lead me to live humbly before You every day. In Your name, *amen*. 🙌💖🙏





## Day 4: 🎁 Gratitude Inspires Generosity



## Day 4: 📁 Gratitude Inspires Generosity

## Your Verse

*Luke 21:1-4 - "Jesus looked up and saw the rich putting their gifts into the temple treasury. He also saw a poor widow put in two very small copper coins... 'Truly I tell you, this poor widow has put in more than all the others.'"*

## Supporting Scriptures

- *2 Corinthians 9:7 - "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."*
- *Acts 20:35 - "It is more blessed to give than to receive."*



## Devotional: Generosity as an Expression of Thankful Hearts

Jesus highlights a profound truth: **gratitude fuels generosity**. The widow's small offering, given out of her poverty and gratitude, surpasses the large gifts of the wealthy who gave out of abundance. Her heart of gratitude led to wholehearted giving.

Gratitude shifts our perspective from scarcity to abundance. When we recognize all we have comes from God, our giving flows naturally as an expression of thanks. Paul encourages cheerful giving, a joyful response that reflects God's generosity to us.

*Generosity rooted in gratitude blesses both the giver and the receiver.* It mirrors Jesus' sacrificial love and helps build God's kingdom. Ask yourself today how gratitude motivates your giving—in time, resources, or talents—and seek to give cheerfully in response to God's goodness.





## Reflect and Apply

1. How does gratitude influence my attitude toward giving?

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2. In what ways can I give more cheerfully and generously regardless of my means?

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3. How does the widow's example challenge my approach to offerings and generosity?

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# Journaling Prompts

1. Write about a time you gave joyfully out of gratitude and the impact.

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2. List practical ways to express generosity that reflect thankfulness to God.

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3. Reflect on what hinders you from giving generously and how to overcome it.

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Day 4: 📺 Gratitude Inspires Generosity

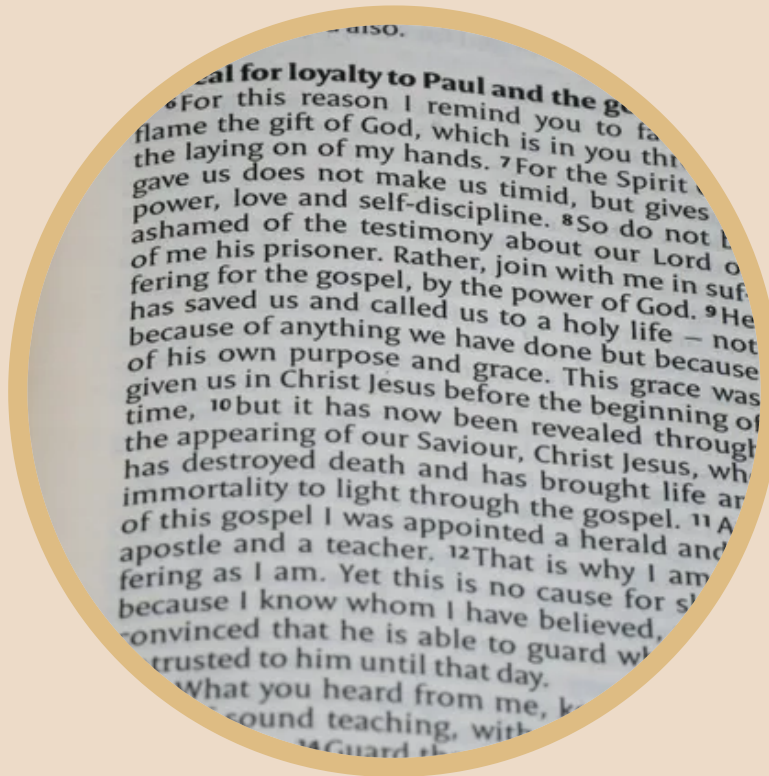
## Prayer for Today

**Generous Father**, thank You for the abundant blessings You pour into my life. Teach me to give from a heart full of gratitude, just as the widow did. Remove any reluctance or fear in my giving and fill me with joy in sharing Your gifts with others. May my generosity be a reflection of Your love and grace. In Jesus' name, *amen*. ❤️ 🙏 📺





## Day 5: ❤️ Gratitude Transforms Our Relationships



## Your Verse

*Luke 7:36-50 - "...she began to wet his feet with her tears... Then she kissed his feet and poured perfume on them... Jesus said, 'Your faith has saved you; go in peace.'"*

## Supporting Scriptures

- *Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*
- *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."*



## Devotional: Gratitude Heals and Builds Relationships

In Luke 7, a woman shows deep gratitude to Jesus by washing His feet with her tears and anointing them. Her act of thankfulness flows from her awareness of God's mercy and forgiveness. Jesus honors her faith and forgiveness restored, showing how gratitude can transform not only us but our relationships.

Gratitude fosters kindness, forgiveness, and peace in our interactions. When we recognize the grace extended to us, we become empowered to extend grace to others. This transformation breaks down barriers and builds healthy, loving community.

*Jesus' teachings reveal that gratitude is a catalyst for reconciliation and compassion. As we grow grateful for God's love, our relationships reflect His character more clearly. Let your heart overflow with thankfulness that heals divisions and inspires love today.*



## Reflect and Apply

1. How has gratitude changed the way I relate to others?

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2. Are there relationships where forgiveness and thankfulness can bring healing?

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3. How can I express gratitude more openly in my daily interactions?

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## Journaling Prompts

1. Write about a relationship that has been transformed by forgiveness and gratitude.

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2. List ways you can actively practice gratitude to improve connections with others.

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3. Reflect on barriers to gratitude in relationships and prayers for healing.

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Day 5: ❤️ Gratitude Transforms Our Relationships

## Prayer for Today

**Lord Jesus**, thank You for Your mercy that transforms my heart and relationships. Help me to express gratitude openly, forgive freely, and love deeply as You do. May Your peace rule my heart and guide my interactions. Teach me to be a reflection of Your grace in all my relationships. In Your precious name, *amen*. ❤️ 🙏 🌿





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