



Practicing Gratitude in Small Things



Discover how to cultivate a heart of gratitude by recognizing and appreciating life's small blessings daily.



Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌱 Beginning with Thanks</u>	5
<u>Day 2: 🌸 Finding Joy in Small Blessings</u>	11
<u>Day 3: 🍃 Gratitude in Life's Quiet Moments</u>	17
<u>Day 4: 🍞 Gratitude for Daily Provision</u>	23
<u>Day 5: 🌟 Gratitude Through Generosity</u>	29
<u>Day 6: ✨ Gratitude in Relationships</u>	35
<u>Day 7: 🌈 Living with a Grateful Heart</u>	41



Introduction

Gratitude is more than a feeling; it's a purposeful practice that transforms our hearts and perspectives. In a world that often emphasizes the big milestones, it's easy to overlook the small, everyday blessings that truly enrich our lives. This 7-day study invites you to explore the profound impact of practicing gratitude in the little things—the quiet moments, the ordinary encounters, and the simple gifts that God provides each day. *By intentionally focusing on these small blessings, we learn to live with joy and contentment, no matter our circumstances.*

Throughout Scripture, God's people are reminded to give thanks in all situations. Gratitude honors God, shifts our focus from what we lack to what we have, and opens our hearts to deeper joy and peace. This study will guide you through key biblical passages, encouraging you to identify and celebrate both seen and unseen blessings.

Each day's devotional will draw your attention to practical, accessible ways to cultivate a thankful heart by recognizing small graces in everyday life—be it a kind word, a beautiful sunrise, or a moment of peace amid chaos. As you engage with Scripture and reflection, you'll discover how even tiny acts of gratitude can create lasting spiritual growth and build resilience in your faith journey.

Let this week be a step toward a renewed perspective—where gratitude becomes a habit, and joy blooms from the little things. Open your heart and



mind, and watch how God's goodness unfolds in your daily life. **Are you ready to start noticing and celebrating small blessings with a grateful heart?** Let's begin this life-changing journey together.





Day 1: 🌱 Beginning with Thanks



Day 1: 🌱 Beginning with Thanks

Your Verse

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

Supporting Scriptures

- *Psalms 118:24 – "This is the day the Lord has made; let us rejoice and be glad in it."*
- *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."*



Day 1: 🌱 Beginning with Thanks

Devotional: Choosing Gratitude in Every Situation

Gratitude begins with a decision—to thank God no matter what. The apostle Paul encourages us to give thanks in all circumstances, not just the easy or joyful ones. This can be challenging, but it's the foundation of a grateful heart. Choose today to see your day through a lens of thankfulness, appreciating not only the big blessings but the small moments God gifts you.

Consider the simple gift of a breath, a smile, or a warm cup of tea. These might seem ordinary, but they are sparks of God's goodness. When we begin with thanks, our hearts become open to recognizing countless other blessings—both seen and unseen.

Starting to practice gratitude daily will reframe your experiences and deepen your joy. This is not about ignoring difficulties but trusting that God's grace is at work in even the smallest details of your life.



Day 1: 🌱 Beginning with Thanks

Reflect and Apply

1. What small blessing can you identify today that you might have overlooked before?

2. How does thanking God in difficult moments change your perspective?

3. In what ways can starting your day with gratitude impact the rest of it?



Day 1: 🌱 Beginning with Thanks

Journaling Prompts

1. List three small things you are thankful for today.

2. Reflect on a recent challenging experience and write how gratitude might have shifted your perspective.

3. Write a short prayer thanking God for one ordinary blessing.



Day 1: 🌱 Beginning with Thanks

Prayer for Today

Dear God, thank You for the gift of today and the countless small blessings You provide. Help me to cultivate a heart that notices and treasures these moments, even when life feels ordinary or hard. Teach me to trust Your goodness in all circumstances and to begin each day with a spirit full of thanksgiving. May my gratitude bring me closer to You and transform how I see the world. In Jesus' name, *amen*.





Day 2: 🌸 Finding Joy in Small Blessings



Day 2: 🌸 Finding Joy in Small Blessings

Your Verse

Psalms 107:8 - "Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind."

Supporting Scriptures

- *James 1:17 - "Every good and perfect gift is from above, coming down from the Father of the heavenly lights."*
- *Luke 17:15-16 - "One of them, when he saw he was healed, came back, praising God in a loud voice."*



Day 2: 🌸 Finding Joy in Small Blessings

Devotional: Celebrating God's Small, Wonderful Gifts

God's love is expressed in the many small blessings He pours into our lives **daily**. Psalm 107 calls us to give thanks for His unfailing love and wonderful deeds. Too often, we wait for grand miracles, but God delights in blessing us through everyday moments—an encouraging word, beauty in nature, or quiet peace.

James reminds us that every good gift is from God. Developing joy in small blessings helps us recognize His continuous presence and faithfulness. Like the one healed leper who returned to praise God, our gratitude can be an active response that fuels joy.

Today, look for and celebrate the small ways God shows His love to you. These are the threads weaving a life filled with joy and thankfulness, opening your heart to a deeper relationship with God.



Day 2: 🌸 Finding Joy in Small Blessings

Reflect and Apply

1. What small acts of God's love have you experienced recently?

2. How can recognizing daily blessings increase your joy?

3. Who or what can remind you to praise God in small moments today?



Day 2: 🌸 Finding Joy in Small Blessings

Journaling Prompts

1. Describe a recent small blessing that brought you joy.

2. Write a short thank-you note to God for one daily gift.

3. Reflect on a time you overlooked a blessing and what you learned.



Day 2: 🌸 Finding Joy in Small Blessings

Prayer for Today

Lord, thank You for Your steadfast love and the many small blessings You give each day. Open my eyes to see Your work in ordinary moments and fill my heart with joy as I recognize Your goodness. Help me to respond like the grateful leper—returning to praise You often. May I never take Your gifts for granted. In Jesus’ name, Amen.





Day 3: 🌿 Gratitude in Life's Quiet Moments



Your Verse

Psalm 46:10 - "Be still, and know that I am God."

Supporting Scriptures

- *Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*
- *Isaiah 30:15 - "In repentance and rest is your salvation, in quietness and trust is your strength."*



Devotional: Finding Gratitude Through Stillness

Sometimes gratitude grows best in stillness. Psalm 46:10 invites us to be still and recognize God's presence. The busyness of life often distracts us from noticing small blessings. Yet, when we pause and quiet our hearts, we create space for gratitude to flourish.

Philippians encourages us to bring our worries to God with thanksgiving. This thankful attitude in prayer changes our perspective from anxiety to trust. Similarly, Isaiah highlights the power of quietness and trust as sources of strength.

Today, try to embrace moments of stillness, allowing gratitude to surface and calm anxiety. These quiet times help us see God's hand in simple things and remind us that His presence is our greatest blessing.



Reflect and Apply

1. How often do you take time to be still and reflect on God's goodness?

2. What small blessings become more noticeable in quiet moments?

3. How can practicing stillness foster deeper gratitude in your daily life?



Journaling Prompts

1. Write about a recent quiet moment where you felt thankful.

2. List ways you can incorporate stillness into your routine to practice gratitude.

3. Reflect on how anxiety changes when you bring gratitude to God in prayer.



Day 3: 🌿 Gratitude in Life's Quiet Moments

Prayer for Today

God of peace, teach me to be still and recognize Your presence in the small moments of life. Help me to quiet my busy mind and bring every concern to You with thanksgiving. May I find strength and joy in You, even in silence, and grow in gratitude for Your constant care. In Jesus' name, Amen.





Day 4: 📖 Gratitude for Daily Provision



Your Verse

Matthew 6:11 - "Give us today our daily bread."

Supporting Scriptures

- *Psalm 136:25 - "He gives food to every creature. His love endures forever."*
- *Deuteronomy 8:10 - "When you have eaten and are satisfied, praise the Lord your God for the good land he has given you."*



Devotional: Thankful for Everyday Provision

Jesus taught us to pray for daily bread, emphasizing trust and gratitude for God's provision. Often, we take for granted the food, shelter, and resources that sustain us each day. Recognizing these as gifts from God can deepen our thankfulness.

Psalm 136 reminds us that God's love endures forever as He cares for every creature. Likewise, Deuteronomy encourages praise once our needs are met, pointing to the importance of thankfulness at the moment of provision—not just retrospectively.

Today, focus on the daily provisions you receive and offer sincere thanks for God's faithfulness in meeting your needs. This shifts our hearts from worry to trust and gratitude, opening us to contentment and peace.



Reflect and Apply

1. How does remembering God's provision for daily needs affect your trust in Him?

2. What small provisions can you name that you often overlook?

3. How can you cultivate a habit of thanking God each day for what He provides?



Day 4: 📖 Gratitude for Daily Provision

Journaling Prompts

1. List your daily needs and God's faithfulness in providing them.

2. Write about a time when God unexpectedly met a need.

3. Reflect on how gratitude for provision influences your worries.



Day 4: 📖 Gratitude for Daily Provision

Prayer for Today

Faithful Provider, thank You for meeting my daily needs and sustaining my life. Help me to notice and appreciate each provision, both big and small. Teach me to depend on You fully and to express gratitude regularly for Your ongoing care. May I always praise You for Your faithfulness. In Jesus' name, Amen.





Day 5: 🌟 Gratitude Through Generosity



Your Verse

2 Corinthians 9:11 - "You will be enriched in every way so that you can be generous on every occasion."

Supporting Scriptures

- *Acts 20:35 - "It is more blessed to give than to receive."*
- *Proverbs 11:25 - "A generous person will prosper; whoever refreshes others will be refreshed."*



Devotional: Letting Gratitude Inspire Giving

Gratitude often blooms into generosity. When we recognize God's abundant blessings, our natural response can be to share them with others. Paul teaches that God enriches us so we can be generous, blessing others as a reflection of our thankfulness.

Acts highlights the blessing found in giving, reminding us that generosity nourishes both the giver and receiver. Similarly, Proverbs expresses the refreshing cycle of generosity.

Today, consider how your gratitude motivates you to bless others—even in small ways. Small acts of generosity can be powerful expressions of a thankful heart, multiplying God's goodness in the world.



Day 5: 🙏 Gratitude Through Generosity

Reflect and Apply

1. In what ways does gratitude naturally lead to generosity in your life?

2. What small acts of giving can you do to reflect thankfulness?

3. How does giving refresh your spirit and deepen your gratitude?



Journaling Prompts

1. Write about a recent experience of giving that brought you joy.

2. List ways you can share your blessings this week, even in small acts.

3. Reflect on how gratitude changes your perspective on possessions.



Day 5: 🙏 Gratitude Through Generosity

Prayer for Today

Generous God, thank You for enriching me with blessings so I may give to others. Cultivate in me a heart that freely shares, reflecting Your goodness and grace. Help me to see opportunities for generosity daily and respond with joy and gratitude. Refresh my spirit as I bless those around me. In Jesus' name, Amen.





Day 6: ✨ Gratitude in Relationships



Day 6: ✨ Gratitude in Relationships

Your Verse

Ephesians 1:16 – "I have not stopped giving thanks for you, remembering you in my prayers."

Supporting Scriptures

- *Philippians 1:3 – "I thank my God every time I remember you."*
- *Colossians 2:7 – "...overflowing with thankfulness."*



Day 6: ✨ Gratitude in Relationships

Devotional: Thankful Hearts Strengthen Connections

Thankfulness for the people God places in our lives strengthens relationships. Paul's letters frequently express gratitude for the believers he serves, highlighting the importance of recognizing the blessings others bring.

Taking time to thank God for family, friends, mentors, and even those we find challenging changes how we relate to them. Philippians shows how thankful memories nurture connection and joy.

Today, reflect on your relationships and give thanks for those who impact your life, big or small. Expressing gratitude in prayer and action fosters love and deepens bonds.



Day 6: ✨ Gratitude in Relationships

Reflect and Apply

1. Who are the people in your life you often forget to thank God for?

2. How can gratitude transform difficult relationships?

3. What practical ways can you express your thankfulness to others today?



Day 6: ✨ Gratitude in Relationships

Journaling Prompts

1. Write a prayer thanking God for a specific person in your life.

2. Describe how gratitude affects your interactions with others.

3. Plan a small act of kindness or thanks for someone today.



Day 6: ✨ Gratitude in Relationships

Prayer for Today

God of relationships, thank You for the people You have placed in my life. Help me to appreciate and remember them with gratitude. May my heart overflow with thankfulness, and may my words and actions reflect Your love. Teach me to cherish others as You do. In Jesus' name, Amen.





Day 7: 🌈 Living with a Grateful Heart



Your Verse

Psalm 100:4 - "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

Supporting Scriptures

- *Hebrews 12:28 - "...let us be thankful and so worship God acceptably with reverence and awe."*
- *1 Chronicles 16:34 - "Give thanks to the Lord, for he is good; his love endures forever."*



Devotional: Making Gratitude a Way of Life

Living a life of gratitude is a daily choice and a form of worship. Psalm 100 invites us to enter God's presence with thanksgiving and praise. Gratitude is both a response to God's goodness and a lifestyle reflecting His enduring love.

Hebrews reminds us that thankfulness sustains reverent and acceptable worship, while 1 Chronicles celebrates God's everlasting love as the reason for our gratitude.

As this week concludes, commit to embracing gratitude not only in small moments but as a continual practice that shapes your life and faith. Let gratitude guide your worship, relationships, and outlook on life—making every day a celebration of God's unchanging goodness.



Reflect and Apply

1. How can you incorporate gratitude into your daily worship and lifestyle?

2. What changes when gratitude becomes your default attitude?

3. How will you continue practicing gratitude beyond this week?



Journaling Prompts

1. Write a personal commitment statement about living gratefully.

2. List habits you will adopt to keep gratitude alive in your heart.

3. Reflect on the transformation gratitude has brought in your life this week.



Day 7: 🌈 Living with a Grateful Heart

Prayer for Today

Gracious God, thank You for Your goodness and enduring love that invites me to a life filled with gratitude. Help me to enter Your presence daily with thanksgiving and praise, making gratitude my constant companion and worship. May my heart and actions reflect the joy and reverence that come from knowing You. In Jesus' name, 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.

 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.