



# The Discipline of Thanksgiving



Explore the transformative power of gratitude through Scripture and cultivate a daily practice of thankfulness in your life.

---



# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌅 The Foundation of Gratitude</u>	4
<u>Day 2: ✨ Gratitude Anchors Our Soul</u>	10
<u>Day 3: 🌻 Choosing Gratitude Daily</u>	16
<u>Day 4: 🍂 Gratitude Amid Trials</u>	22
<u>Day 5: 🌈 Living a Life of Thanksgiving</u>	28



## Introduction

Welcome to this 5-day study on the **Discipline of Thanksgiving**. Gratitude is more than a fleeting feeling; it is a spiritual discipline that fosters a deep, abiding joy and draws us closer to God. In a world full of distractions and challenges, cultivating a heart of thanksgiving anchors us in God's goodness and sovereign care.

*Throughout this study, we'll explore biblical passages that reveal how gratitude is an intentional choice, a lifestyle that transforms our perspective and relationship with God.* We will discover that thanksgiving is not dependent on circumstances but is a powerful tool to renew our minds, strengthen our faith, and inspire hope.

Each day invites you to meditate on Scripture, reflect deeply, journal your insights, and pray for God's guidance to embrace thankfulness as a daily discipline. As you engage these truths, may they inspire you to live with a heart continually overflowing in gratitude.





## Day 1: The Foundation of Gratitude



Day 1: 🌅 The Foundation of Gratitude

## Your Verse

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

## Supporting Scriptures

- *Psalm 107:1 – "Give thanks to the LORD, for he is good; his love endures forever."*
- *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: God's Will for All Circumstances

**Thanksgiving is God's will for us.** Paul's instruction to the Thessalonians is clear: give thanks *in all circumstances*. This doesn't mean we ignore pain or struggle but rather choose gratitude despite them. Gratitude is a foundation of faith that acknowledges God's unwavering goodness and love, especially when life feels uncertain.

Psalm 107 reminds us that God's love endures forever. Holding onto this truth grounds our hearts in gratitude. By resting in the peace of Christ, as Colossians teaches, we create an environment where thankfulness can thrive. It becomes a decision to look beyond temporary trials toward God's eternal faithfulness.

Today, ask yourself: How can adopting gratitude as a foundation affect your daily outlook, even during trials? Recognize that gratitude is not just a reaction, but a discipline—a choice aligned with God's will that shapes our hearts and minds.



Day 1: 🌅 The Foundation of Gratitude

## Reflect and Apply

1. What does it mean to give thanks 'in all circumstances'?

---

---

---

2. How can recognizing God's enduring love deepen your gratitude?

---

---

---

3. In what ways does gratitude influence your peace and perspective?

---

---

---



Day 1:  The Foundation of Gratitude

## Journaling Prompts

1. Describe a recent circumstance where you found it difficult to be thankful.

---

---

---

2. Write about a time you experienced God's enduring love in a challenging season.

---

---

---

3. List three practical ways you can cultivate gratitude this week.

---

---

---





Day 1: 🌅 The Foundation of Gratitude

## Prayer for Today

**Lord, help me embrace the discipline of gratitude,** even when I face difficulties. Teach me to see Your enduring love and goodness in every moment. May Your peace rule my heart and inspire me to give thanks according to Your will. Strengthen me to choose thankfulness daily, recognizing Your faithfulness in all circumstances. *Thank You for Your unfailing love and care.* In Jesus' name, Amen. 🙏❤️🌿





## Day 2: ✨ Gratitude Anchors Our Soul



## Your Verse

*Psalm 95:2-3 - "Let us come before him with thanksgiving and extol him with music and song. For the LORD is the great God, the great King above all gods."*

## Supporting Scriptures

- *Hebrews 12:28 - "Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe,"*
- *James 1:17 - "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows."*



## Devotional: Anchored Hearts Through Grateful Worship

**Gratitude is a vital anchor for our spirits**, especially amidst life's storms. The psalmist invites us to approach God with thanksgiving and joyful praise because He reigns supreme over all. When we remember God's sovereignty and goodness, we find a firm foundation that cannot be moved.

Hebrews reminds us that because we receive an unshakable kingdom, our response should be one of grateful worship. Gratitude turns our focus from the unstable to the eternal, offering reverence and awe in our hearts.

James emphasizes that every good gift is from God, unchanging in His love and generosity. Recognizing this truth deepens our gratitude and reshapes our view of life's blessings.

*Today, reflect on what anchors your soul. How does gratitude help you stay rooted in faith and joy?*



## Reflect and Apply

1. How does worship with thanksgiving affect your relationship with God?

---

---

---

2. What helps you remember that God is unchanging in times of uncertainty?

---

---

---

3. How can gratitude help anchor your soul during challenges?

---

---

---



Day 2: ✨ Gratitude Anchors Our Soul

## Journaling Prompts

1. Write about a time when thanksgiving brought you peace during a difficult situation.

---

---

---

2. List the good gifts in your life that come from God.

---

---

---

3. Describe how worship and gratitude can work together in your spiritual life.

---

---

---



Day 2: ✨ Gratitude Anchors Our Soul

## Prayer for Today

**Heavenly Father**, anchor my soul in Your unshakable kingdom. Teach me to approach You with a heart filled with thanksgiving and joyful praise. Help me to recognize Your unchanging goodness and the perfect gifts You generously give. Let gratitude deepen my worship and keep me firmly rooted in faith. In Jesus' mighty name, Amen. 🙏🎵🕊️





## Day 3: 🌻 Choosing Gratitude Daily





## Your Verse

*Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*

## Supporting Scriptures

- *Ephesians 5:20 - "Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."*
- *Psalms 100:4 - "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."*



## Devotional: Gratitude Transforms Prayer and Perspective

**Gratitude is a deliberate choice we make daily.** Paul teaches us to bring our concerns to God not with anxiety but accompanied by thanksgiving. This act of thanksgiving transforms our prayer life and reorients our hearts from worry to trust.

Ephesians encourages us to maintain a lifestyle of constant gratitude, giving thanks for everything. Gratitude becomes a spiritual habit that colors every aspect of our lives, not only when it's convenient or when things go well.

Psalms 100 invites us to enter God's presence with thanksgiving, highlighting that gratitude is an entry point into deeper fellowship with Him. This choice to be thankful cultivates joy and peace, even when facing life's uncertainties.

*Consider today: How can choosing gratitude reshape your prayers and your perspective on daily challenges?*



## Reflect and Apply

1. How does thanksgiving change the way you approach God with your worries?

---

---

---

2. In what ways can gratitude become a daily habit in your life?

---

---

---

3. How might gratitude open doors to deeper fellowship with God?

---

---

---



## Journaling Prompts

1. Recall a recent prayer time where you included thankfulness. What difference did it make?

---

---

---

2. List areas of your life where practicing gratitude is still challenging.

---

---

---

3. Plan one practical step to incorporate more thanksgiving into your daily routine.

---

---

---



Day 3: 🌻 Choosing Gratitude Daily

## Prayer for Today

**Gracious God**, teach me to bring my anxieties and requests to You with a heart full of thanksgiving. Help me develop the habit of gratitude in every moment, regardless of circumstances. May thankfulness deepen my trust and draw me closer to You daily. Thank You for receiving my prayers and for Your faithful love. In Jesus' name, Amen. 🌸 🙏 📖





## Day 4: 🍁 Gratitude Amid Trials



## Your Verse

*James 1:2-3 - "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."*

## Supporting Scriptures

- *Romans 8:28 - "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."*
- *2 Corinthians 12:9 - "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."*



## Devotional: Finding Joy and Strength in Every Trial

**Gratitude is most challenging—and powerful—when cultivated amidst trials.** James calls us to find joy in testing because such trials refine our faith and develop perseverance. This perspective is countercultural; it invites us to look beyond pain to God's refining purposes.

Romans reminds us that God works all things for good for those who love Him. No difficulty escapes His sovereign plan. When we anchor our gratitude in this truth, it becomes an act of faith that strengthens us in hardship.

Paul's words to the Corinthians highlight that God's grace and power are made perfect in our weakness. Gratitude in trials acknowledges not only our limitations but also God's limitless strength working through us.

*Reflect today on how gratitude can transform your experience of suffering and bring joy in the midst of challenges.*





## Reflect and Apply

1. How can viewing trials as opportunities for growth affect your gratitude?

---

---

---

2. What does it mean to trust God's work in 'all things' for your good?

---

---

---

3. How does recognizing God's strength in your weakness inspire thankfulness?

---

---

---



## Journaling Prompts

1. Write about a difficult season where you experienced God's refining grace.

---

---

---

2. List ways God's power has been evident in your weaknesses.

---

---

---

3. Journal a prayer asking for help to find joy and gratitude in current trials.

---

---

---



Day 4: 🍁 Gratitude Amid Trials

## Prayer for Today

**Lord**, help me discover joy even in my trials, trusting that You are working all things for my good. Teach me to be grateful for Your refining hand and Your perfect grace, which sustains me when I am weak. Strengthen my faith and fill me with perseverance as I lean on You. Thank You for being my ever-present help. In Jesus' name, Amen. 💪 ✨ 🙏





## Day 5: 🌈 Living a Life of Thanksgiving



Day 5: 🌈 Living a Life of Thanksgiving

## Your Verse

*Psalms 136:1 - "Give thanks to the LORD, for he is good. His love endures forever."*

## Supporting Scriptures

- *1 Chronicles 16:34 - "Give thanks to the LORD, for he is good; his love endures forever."*
- *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."*



Day 5:  Living a Life of Thanksgiving

## Devotional: Embracing Thanksgiving as Daily Lifestyle

**Thanksgiving is not just a moment but a lifestyle.** Psalm 136 and 1 Chronicles 16:34 repeat the eternal truth that God's love is everlasting and He is always good. Repetition of this truth in Scripture encourages us to weave thanksgiving into every part of our lives.

Jesus' encounter with the healed leper illustrates the heart posture of gratitude — one marked by return, praise, and humility. Living a life of thanksgiving means regularly recognizing God's blessings, giving praise, and living in humble response to His grace.

*As this study concludes, consider how you can make thanksgiving a central, ongoing discipline that shapes your character and witness daily.*



Day 5:  Living a Life of Thanksgiving

## Reflect and Apply

1. What steps can you take to make gratitude a continual practice?

---

---

---

2. How does recognizing God's enduring love encourage daily thanksgiving?

---

---

---

3. In what ways can your gratitude impact those around you?

---

---

---



Day 5:  Living a Life of Thanksgiving

## Journaling Prompts

1. Reflect on how God's goodness has been evident throughout your life.

---

---

---

2. Write a prayer of thanksgiving for God's enduring love and faithfulness.

---

---

---

3. Plan specific ways to express gratitude regularly in your community.

---

---

---





Day 5: 🌈 Living a Life of Thanksgiving

## Prayer for Today

**Father God**, thank You for being eternally good with unfailing love. Help me to live each day with a heart full of thanksgiving that praises You in all things. May my gratitude be evident to those around me and inspire others to know Your goodness too. I commit to embracing gratitude as a lifelong discipline. 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](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.