

DAY FIVE

giving thanks

Jennifer writes: “Some people might say that happy people become thankful people. But research shows that gratitude comes first: It’s the thankful people who are happy.” Do you agree or disagree? Why?

Where have you experienced the power of gratitude in your own life? Or where have you witnessed it in the life of someone you know?

As you reflect on thankfulness, read the following verses (in NIV) and fill in the blanks.

All this is for your benefit, so that the grace that is reaching more and more people may cause _____ to overflow to the _____ . - 2 Corinthians 4:15

Do not be anxious about anything, but in every situation, by prayer and petition, with _____, present your requests to God. - *Philippians 4:6-7*

_____ to the Lord, for he is _____.
His love endures forever. - *Psalm 136:1*

Thanks be to God for _____!
- *2 Corinthians 9:15*

Which of the verses above speaks to your heart the most in this present season? Why?

Set a timer for five minutes. Jot down all that you are grateful for.
Then, lift that list up to the Lord – in thanksgiving.

"GRATITUDE IS ACKNOWLEDGING THE GOODNESS IN OUR LIVES
AS LIFE EXISTS TODAY, NOT AS WE WISH IT TO BE."
- THE HAPPINESS DARE