

Devotion 17: From Grumbling to Gratitude

March 13, 2026

Scripture: *Philippians 4:6–7*

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Devotion

So if grumbling is our default setting, what’s the alternative? Paul doesn’t say, “Just stop complaining and be tougher.” He says, “Bring everything to God—with thanksgiving.” That’s the secret. Gratitude doesn’t mean pretending everything is fine. It means choosing to remember who God is and what He has done, even while we’re in the middle of the struggle. The Israelites could have said, “God, we’re thirsty, and we’re scared. But You brought us through the sea. You led us here. We trust You to provide.” That’s not grumbling—that’s prayer. And Paul promises something remarkable when we pray this way: the peace of God will guard our hearts. Not a peace that comes from having every problem solved, but a peace that holds us even in the middle of the mess. Grumbling leads to more grumbling. But gratitude opens the door to a peace that surpasses understanding, a gladness that doesn’t depend on our circumstances.

Discussion Questions

1. What are three things your family can thank God for right now?
2. What is the difference between pretending everything is fine and choosing gratitude?
3. How does it change your prayers when you add thanksgiving to your requests?

Closing Prayer

Merciful Father, teach us to pray instead of grumble. Fill our hearts with gratitude for Your faithfulness. When we are anxious, remind us to bring everything to You with thanksgiving, and guard our hearts with Your peace. Through Christ our Lord. Amen.

Family Action Item: At dinner each night this week, go around the table and have each person share one “grumble” and turn it into a “gratitude.” For example: “I’m tired of the cold” becomes “Thank You, God, for a warm house.”