

## DAY 11 – THE POWER OF GRATITUDE

### SCRIPTURE: 1 THESSALONIANS 5:18 DEVOTIONAL THOUGHT:

Gratitude is a spiritual weapon. It shifts your focus from what's missing to what's already present. It turns your attention from what you can't control to the God who can.

A grateful heart is a revived heart because gratitude is worship disguised as perspective. It quiets anxiety and shrinks bitterness. You can't always change your situation, but you can always change your spirit within it.

### REFLECTION QUESTIONS:

- What is something simple but meaningful you can thank God for today?
- How could gratitude change the atmosphere of your home?

### PRACTICAL APPLICATIONS:

- **Write three blessings** in your notes app.
- **Tell someone why you appreciate them.**
- **Start a gratitude chain** on your family group text.
- **End your day with thanks**, not worry.



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### PRAYER

Lord, fill my heart with gratitude today. Help me see Your goodness in every season, big and small. Turn my complaints into praise and my stress into gratitude. Thank You for all You've done and all You'll do. Amen.

