

## Day 9 - For Gratitude

“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” — 1 Thessalonians 5:18 (NIV)

Gratitude doesn’t come naturally when life is hectic.

When you’re moving fast, it’s easy to overlook the good that’s right in front of you. We complain before we give thanks. We scroll past blessings and focus on what’s missing. But what if gratitude isn’t about what’s happening around you — **IT’S ABOUT WHAT’S HAPPENING IN YOU?**

Gratitude shifts your perspective. It slows you down. It opens your eyes to God’s goodness — even in hard moments.

But here’s the key: **YOU HAVE TO MAKE ROOM FOR IT.** Because a heart without margin will always lean toward discontent.

The enemy wants you to focus on what you lack. God wants to remind you of all you have in Him. When you make space to be grateful, you start seeing God in places you once overlooked.

### HERE’S HOW TO MAKE ROOM FOR GRATITUDE IN YOUR EVERYDAY LIFE:

- **START A GRATITUDE LIST** — Each day, write down three things you’re thankful for — big or small.
- **THANK GOD BEFORE YOU ASK** — Let your prayers begin with praise, not problems.
- **PRACTICE CONTENTMENT** — You don’t need more to be grateful — just clearer vision.
- **SPEAK GRATITUDE TO OTHERS** — Let people know you’re thankful for them. Honor multiplies joy.
- **REDIRECT YOUR THOUGHTS** — When you start to complain, pause and give thanks instead.

Gratitude makes room for joy. It resets your soul and reminds you: God is good, and you are blessed.