

Day 3: A Thankful Heart

Key Verse: Colossians 4:2 “Devote yourselves to prayer with an alert mind and a thankful heart.”

What are you thankful for today?

Maybe your list starts with your friends and family, a roof over your head, a job, a good night’s sleep, a refrigerator full of food, or your health. After all, we believe James 1:17 “Every good and perfect gift comes from above.”

It’s not hard to be thankful for the blessings in our life: the people, circumstances, and items that we deem a gift from the Lord. But do we have a heart of thankfulness in the middle of the mundane? Do we look for something to praise God for when our situation is awful or when people are hurtful?

Even as I write this, I’m convicted of how rare it is for me to pause long enough to think about what I am grateful for. I realize how I take for granted most of the basic provisions in my life. And quickly see things that are frustrating rather than reasons to be thankful.

All too often, we stew on negativity. We replay conversations that bothered us, get stuck in a spiral of fear or bitterness, or grumble about a situation we wish would change. We talk to other people, trading negativity, and look for someone to affirm our emotions. If we do talk to God about it, we ask Him to fix it, change it, or take it away.

There is absolutely nothing wrong with honesty. Both with the Lord and others. It’s important to be authentic, seek godly counsel, and cry out to our compassionate Heavenly Father. But we aren’t meant to stay stuck in negativity—we are meant to worship. Our worship begins as we think about who God is and recognize the kindness He has displayed in our lives.

Today, let’s attempt to frame our thoughts and prayers with gratitude. Let’s memorize Colossians 4:2 and watch as God begins to work in our hearts and minds.

As we learn to remain in conversation with the Lord and actively look for the countless reasons we have to be thankful, perhaps our perspective will shift, and worship will become more natural. “Devote yourselves to prayer with an alert mind and a thankful heart.” -Colossians 4:2

Today’s Focus: Write down Colossians 4:2 and put it in a place where you will see it often and can memorize it. Make a list of things you are thankful for, and when you’re tempted to vent or complain, take your thoughts and frustrations to the Lord, framing your prayer in thankfulness for who God is and what He has done in your life.