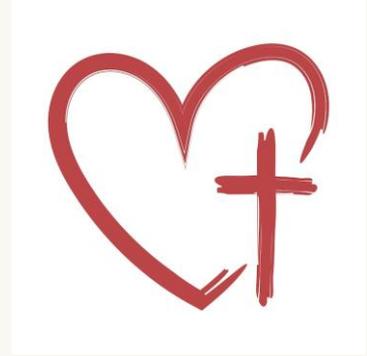


A Heart of Gratitude



*Cultivating Thankfulness and Joy in
All Seasons*

Daughters of the King

Opening Prayer

"Gracious God, open our hearts to receive the gift of gratitude. Help us to see with eyes that celebrate rather than criticize, to cultivate thanksgiving in every moment, and to reflect Your love through our grateful spirits. Amen."

Our Journey Today

Part 1: The Foundation

Biblical roots of gratitude

Part 2: Choosing Gratitude

Seeing with new eyes

Part 3: Living Eucharistically

Daily practices and disciplines

Part 4: Gratitude in Trials

Finding thanksgiving in hardship

Part 5: Gratitude & Service

From thankfulness to action

Closing

Commitment and blessing

PART ONE

The Foundation

Biblical Roots of Gratitude

Give *Thanks* in All Circumstances

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

— 1 Thessalonians 5:18

Gratitude is not merely a feeling—it is God's design for how we are to live. It is both command and gift, discipline and delight.

The Psalms: Songs of Thanksgiving

Psalm 100:4

"Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!"

Psalm 95:2

"Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!"



Psalm 107:1

"Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!"

Psalm 118:1

"Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!"

Eucharist: The Ultimate Thanksgiving

Εὐχαριστία

Eucharistia



The very heart of our worship is an act of thanksgiving. When we gather at the Lord's Table, we participate in the Great Thanksgiving—offering gratitude for Christ's sacrifice and God's boundless love.

Our entire Christian life flows from this eucharistic spirit: receiving all as gift, offering thanks in return.

PART TWO

Choosing Gratitude

Seeing With New Eyes

The Power of Perspective

*“Both joy and gratitude are a way of seeing and of being. They do not come and go. They are not conditional, but fully express themselves in the way **we see and live** our lives. That is why the man of faith in the story was able to see the goodness of God in every unfortunate occurrence. If joy is the lens that lets us see the blessing in our blessings, then it is gratitude that frames our response.”* Kathy Culmer, Biblical Storyteller

https://www.youtube.com/watch?v=QR_eerkpG2o

Barriers to Gratitude

What are some of your barriers to experiencing gratitude/joy?

The Power of Perspective

Eyes of Criticism

Focus on flaws
Constant comparison
Scarcity mindset
Complaining spirit
Burden and heaviness



Eyes of Gratitude

Notice blessings
Celebrate uniqueness
Abundance thinking
Thankful heart
Joy and freedom



The same circumstances, viewed through different lenses, yield entirely different lives.

Gratitude Is a Choice

Not Based on Circumstances

Gratitude is not a response to having everything we want but a decision to give thanks for what we have been given.

An Act of the Will

We choose to focus on blessings rather than burdens. We train our eyes to see grace in the ordinary.

A Daily Discipline

Like prayer or scripture reading, gratitude becomes a practice we cultivate until it transforms our hearts.

PART THREE

Living Eucharistically

Daily Practices & Disciplines

Begin Each Day With Thanks

Morning Offering

"Thank you, Lord, for the gift of this new day. Help me to live it in gratitude."

"This is the day that the LORD has made; let us rejoice and be glad in it."

Three Blessings

Before rising, name three things you're grateful for. Let thanksgiving be your first thought.

Scripture & Gratitude

Pair your daily devotions with a gratitude journal. Read God's Word, then write your thanks.



Keep a Gratitude Journal

What we focus on grows. A gratitude journal helps us notice—and multiply—our blessings.



What to Record

- Daily blessings, large and small
- Answered prayers
- Moments of grace
- Gifts in disguise

Benefits

- Trains attention on blessings
- Creates record of God's faithfulness
- Builds hopeful perspective
- Encouragement in hard times
- Promotes JOY!



Speak Words of Gratitude



Express Thanks to Others

Don't just think grateful thoughts—speak them aloud. Tell people what you appreciate about them.

Replace Complaints With Praise

When tempted to grumble, pause. Find something to be thankful for instead. Transform the conversation.

Share Stories of Grace

Tell others how God has blessed you. Gratitude is contagious—your thanksgiving can inspire theirs.

PART FOUR

Gratitude in Trials

Finding Thanks in Hardship

When Gratitude Feels Impossible

Scripture never asks us to be grateful FOR suffering, but to find gratitude IN suffering. There's a profound difference. We don't thank God for cancer, but we can thank Him for His presence in the midst of it.



*"Count it all joy, my brothers,
when you meet trials of various
kinds, for you know that the
testing of your faith produces
steadfastness."*

— James 1:2-3

Gifts Hidden in Hardship

Deeper Dependence on God

Trials strip away self-sufficiency and drive us to prayer.

Appreciation for Small Mercies

Pain teaches us to treasure what we once took for granted.

Compassion for Others

Our suffering equips us to comfort those who suffer.

Refined Character

Trials produce perseverance, maturity, and hope.

Eternal Perspective

Trials remind us that this world is not our home.



Paul's Prison Letter of Joy

Paul wrote Philippians—his most joyful letter—from a Roman prison. Chained, facing possible execution, he chose **thanksgiving**:



— Philippians 4:4-6

"Rejoice in the Lord always; again I will say, rejoice... Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

PART FIVE

Gratitude & Service

From Thankfulness to Action

Gratitude Overflows in Service

"There is more happiness in giving than in receiving." — Acts 20:35



True gratitude never remains private. When we receive God's blessings with thanksgiving, we're moved to share them with others. Gratitude transforms us from consumers into givers.

Our Calling as Daughters of the King

FOR HIS SAKE

I am but one, but I am one

Prayer

Grateful hearts overflow
in intercession for others

Evangelism

Our gratitude becomes
a witness to God's
goodness

Service

Thanksgiving moves us
to serve Christ in others

As daughters of the King, we live out our royal calling through grateful service.

Your Gratitude Commitment

This Week, I Will...

Choose One Practice

Start a gratitude journal, pray morning thanksgiving, or practice table grace

Express Thanks

Write one thank you note or speak appreciation to three people

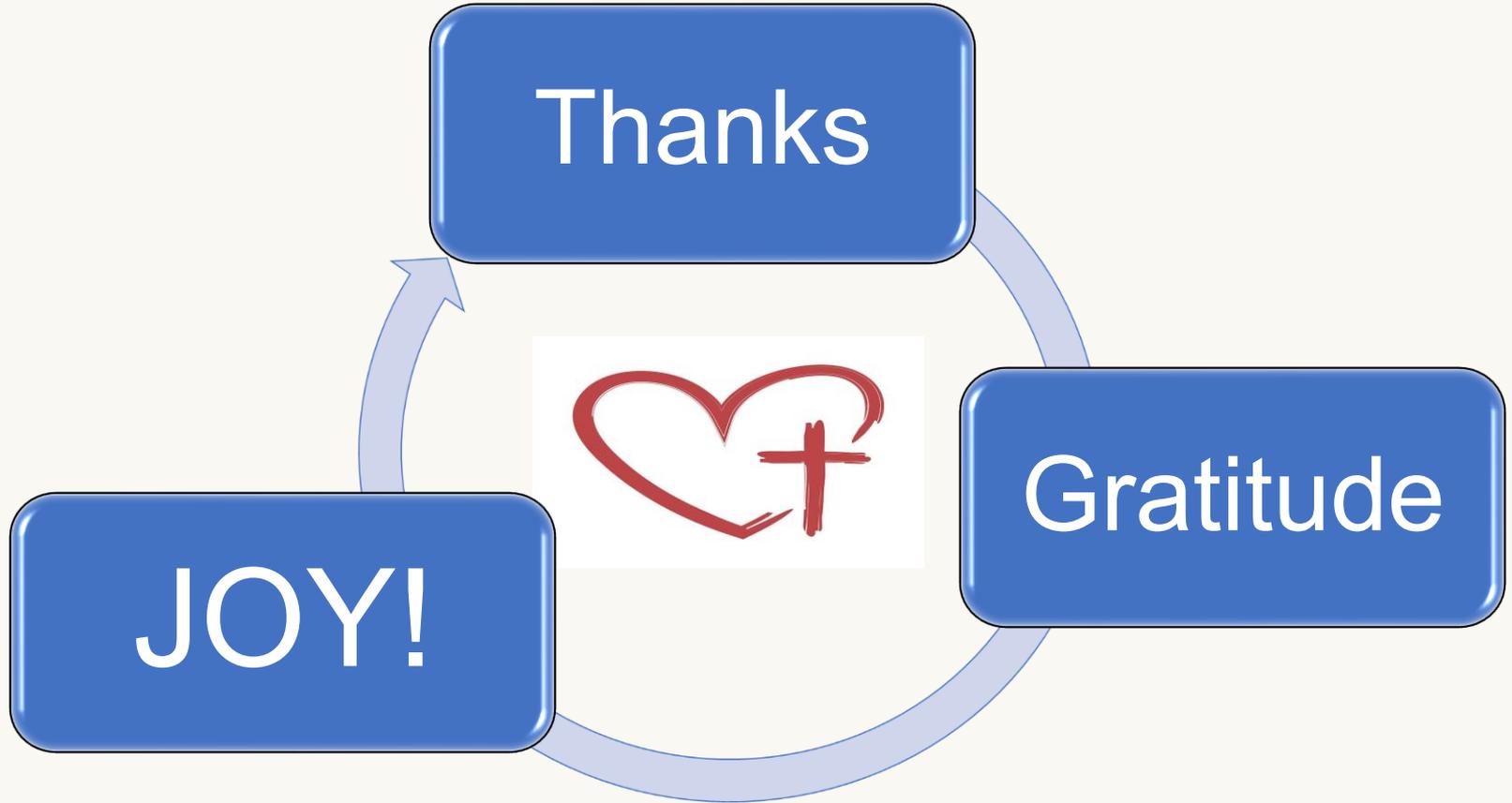
Serve From Gratitude

Identify one act of service you'll do as a thanksgiving offering

Share the Journey

Tell another Daughter of the King what you're learning

My Conclusion



Closing Prayer

"Loving God, thank you for the gift of this time together. Plant seeds of gratitude deep in our hearts. Help us to see with eyes that celebrate, to speak words of thanksgiving, and to live lives of joyful service. May our gratitude be a light that shines in the darkness, pointing others to your unfailing love. Through Christ our Lord, Amen."

<https://youtu.be/lA7n7TwPDmw?si=Y8c3NCXjXwyx7or5>