



Thankful from Within

A DEVOTION BOOK FOR A
GRATEFUL HEART



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BY: DIARYNIGRACIA





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Thankful From Within

*This devotional
book belongs to*


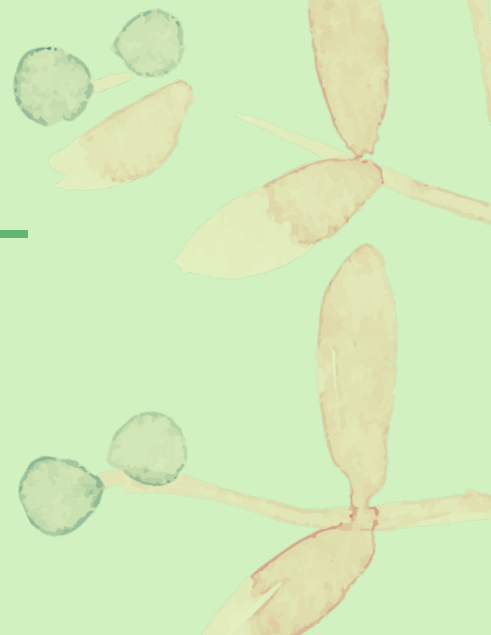
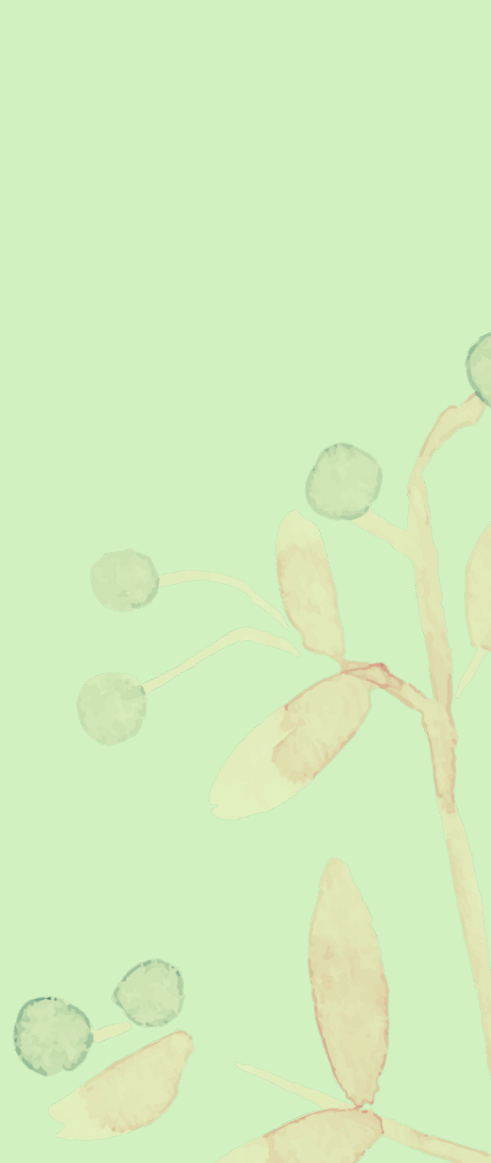



A Devotion Book for a Grateful Heart

What does it mean to have a grateful heart?

A grateful heart is a heart that is full of love. It is a heart that has gone through experiences that see the ungrateful, leading to the realization that in life there is much to be thankful for still despite the hardships, and that is what leads the heart to persevere and be appreciative. This devotional book showcases various messages from the scriptures that encompass what it means to be grateful and full of thanks, and how to have a heart filled with it, through the greatness of the Lord and all that He has done.





“Gratitude lets
us see our cup
is neither half-
empty nor half-
full, but more
than enough. “

– Lisa Appello

Meaning of the Title

Thankful from Within.

This title encompasses how gratefulness is rooted from the inner corners of the heart and what's inside. It is based on our life experiences of both the good and the bad, and how it shapes our minds and souls to being thankful for everything despite it all because of the lessons we have learned through them.

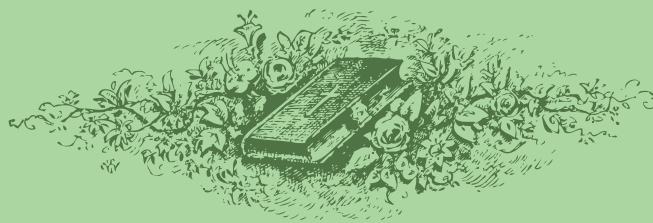


How to use the devotional book

This devotional book will be used by having a daily scripture to read and understand.

Next, following a short discussion of the scripture to guide for reflection and prayer, the owner of the book is encouraged to have their personal reflection, as well as application and short prayer of their own based on the scripture of the day.

All these are to aid in how they can apply these message to the next days to come in order to live life with a grateful heart.



What is this book for?

This book is for those who want to have a guide in their daily lives for meditation and prayer. These book involves daily verses that would help is learning to focus and guide in our prayer and reflection for the day, that would help us in further improving our knowledge of the scripture and as well giving the Lord the attention for the day in worship.



Who is this for?

This is for anyone, no matter what age or gender, this book is for those who want to go through a 30-day journey towards a grateful heart. It does not discriminate who wants to try this devotional book, and is open arms for anyone that is interested.



Benefits

The purpose of this devotional book is to further enhance our spiritual growth, specifically a growth towards a grateful heart. This gives benefits in each individual toward becoming a person and follower of God that embraces gratefulness in its entirety. It benefits individuals by learning how to be thankful everyday despite the challenges and bumps we may face, and how to overcome them with the lessons God has given. Another benefit is allowing individuals using this book to further enhance their relationship with God, and realizing His definite role for the purpose of our lives.

Proof of the benefits of Devotionals

“I would need to bring my sinful heart, sometimes kicking and screaming, into a place of submission to the truth I had already learned. A daily devotional became one of the primary tools that I used to accomplish that.”

– Ray Deck III, *What is a Devotional?* (2022)

“Similarly, devotions are one of the ways we cultivate delight in God. Many days it may seem mundane. But we will be surprised at the cumulative power they have to deepen our love for and awareness of him.”

– Jon Bloom, *Six Benefits of Ordinary Daily Devotions* (2013), desiringgod.org



Thankful From Within

Week 1

“Gratitude produces deep, abiding joy
because we know that God is working
in us, even through difficulties.”

– Charles Stanley –

A Devotion Book for a Grateful Heart



Day 1

Every good gift and every perfect gift is
from above, coming down from the Father
of lights with whom there is no variation or
shadow due to change.

— James 1:17 —



a discussion

To start this devotional journey, let's look at where a grateful heart can be rooted in. A grateful heart has seen a lot and has gone through many moments where it might have been deceived but its own feelings. This passage by James urges us to not be deceived by our emotions and sinful thinking, as this may become the reasons we turn away from God and live without realizing the greatness in our lives through Him, thinking that the painful moments come from Him in reality, what God only gives are gifts he has from above.





“Lord,
give me the guidance to
know and understand
every gift you have given
me in this world. Guide me
and my heart to
understand what this
means for me and my life
towards gratitude. Amen.”

a short
prayer





What are my takeaways for today's devotion?



Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

Day 2

All this is for your benefit, so that the grace that is
reaching more and more people may cause thanksgiving
to overflow to the glory of God.

— 2 Corinthians 4:15 —



a discussion

When we go through hardships, the emotions that run through us may be overwhelming, leading us to say and think about things we don't really mean, as well as try to blame it on everything. We forget of its benefit in making us better and stronger. In remembrance of this and realization of what it means in our life, it allows us to see that despite the hardship, God is doing this for us to learn and trust Him with His Guidance.





“Lord,
Give me the light to find
the hardships I have
faced and am currently
facing is for the good
plans You have in store
for me, and I give this in
Thanks to You.
Amen.”



a short
prayer



Reflections

*What are my takeaways for today's
devotion?*



Application

How can I apply this is my journey towards a grateful heart?

a prayer

create your own short prayer for this day.

Day 3

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

— 1 Thessalonians 5:16–18 —



a discussion

This passage calls on us that despite the hardships we face, it is important we rejoice, continue our prayer and our conversations with God, for these hardships, are all according to His plan for us. Knowing these, and finding that despite the hardships, God has a plan so beautiful and majestic for us, allows us to live in gratefulness and have a hopeful heart despite the trials.





“Lord,
Let this heart and
soul always
remember Your
Goodness and rejoice
in it despite any
circumstances of
good or bad.
Amen.”

a short
prayer



Reflections

This image shows a full page of handwriting practice paper. The background is a solid light green color. There are ten identical sets of horizontal dashed lines spaced evenly down the page. Each set consists of three parallel dashed lines, providing a guide for letter height and placement. In the bottom right corner, there is a small, faint illustration of a sailboat with a single mast and sail, positioned as if it's sailing on the bottom-most line.

What are my takeaways for today's devotion?



Application

How can I apply this in my journey towards a grateful heart?

a prayer

create your own short prayer for this day.

Day 4

Fear not, for I am with you; be not dismayed, for I am
your God; I will strengthen you, I will help you, I will
uphold you with my righteous right hand.

— Isaiah 41:10 —



a discussion

The Lord, being omnipresent, is always with us through our journeys in life, in the good ones and especially in the bad ones. Our hearts should realize this in order to be thankful for His Presence in our lives, constantly guiding us, looking after us even after the times we forget. He is always here, and He is always ready to help to us when we reach out to him.





““Lord,
always be
beside me in all
the trials I may
face for You are
my strength and
guide.
Amen.”



a short
prayer



What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Day 5

Give thanks to the Lord, for he is good; his
love endures forever.
— 1 Chronicles 16:34 —



a discussion

The Lord, even when we sometimes forget Him, especially when our minds are clouded and hearts are troubled, He never left. Through the good and the bad, the Lord is with us. And this fills up the gratefulness towards Him, our heart is filled with thankfulness due to His Love as we realize the good He has given in us during the bad, and how He makes us realize that the bad are just small bumps in the road to finding our greatest purpose with him.





“Lord,
may Your powerful
love guide me in all
my days as I build a
heart full of
gratitude and
thankfulness.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Bevation Book for a Grateful Heart



Day 6

Come to me, all who labor and are
heavy laden, and I will give you rest.

— Matthew 11:28 —



a discussion

Most of the time, during hardships, we all want to say and scream out our frustrations, stress, and how tired we are.

It's understandable. However, let's remember that God, always being there, is our one call away from letting out all of the aches in our lives. He always listens and knowing this gives off the realization and building of gratitude in our hearts that because of Him, we are allowed to take a break and rest.





“Lord,
You are my rest,
continue to
protect me at all
times.
Amen.”



a short
prayer



What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Day 7

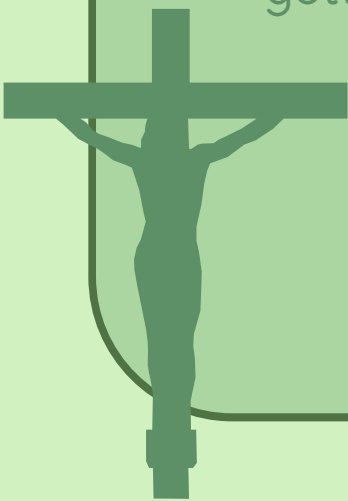
For God so loved the world that he gave his only son,
that whoever believes in him should not perish but
have eternal life.

— John 3:16 —



a discussion

At the end of the 1st week, let us remember how much the Lord loves us. Having faith in the Lord is one of the key aspects of living a grateful life with a grateful heart. Knowing His sacrifice, and why He chose to do this for us lets us come to the awareness the Lord believes in us in everything, and that includes getting through hardships and learning through the good and bad.





“Lord,
Thank You for all
Your sacrifices
and blessing
that You’ve
bestowed my life
in abundance.
Amen.”

a short
prayer





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



The image is a worksheet titled "Weekly Reflection" in a large, dark green, serif font. Above the title, the phrase "Thankful From Within" is written in a smaller, cursive font. Below the title, there are ten horizontal dashed lines for writing. At the bottom of the worksheet, a question is posed: "How was the 1st week of my devotional journey towards a grateful heart?". The entire worksheet is set against a light green background and is framed by a dark green border. On the left and right sides, there are illustrations of bellflowers with green leaves and stems. The overall design is simple and inviting, suitable for a devotional or gratitude journal.

Thankful From Within

Weekly Reflection

How was the 1st week of my devotional
journey towards a grateful heart?

A Devotion Book for a Grateful Heart

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Thankful From Within

Stand up straight and
realize who you are,
that you tower over
your circumstances.
You are a child of
God. Stand up
straight.

Maya Angelou

A Devotion Book for a Grateful Heart



Thankful From Within

Week 2

"Anybody can thank God for good things. But when you can thank God even in the bad things, your faith grows and your spiritual roots go deeper."

– rick warren –

A Devotion Book for a Grateful Heart



Day 8

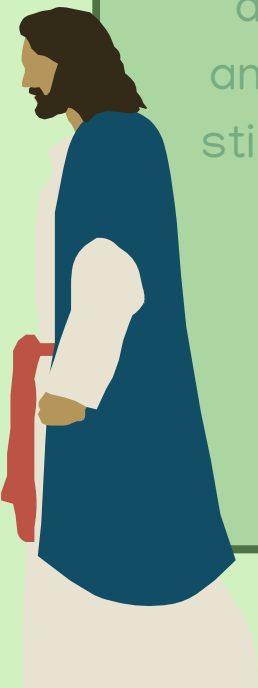
But God demonstrates his own love for us
in this: While we were still sinners, Christ
died for us.

— Romans 5:8 —



a discussion

Starting the 2nd week, we remind ourselves the same way as from the end of the 1st week. The Lord has given so much for us, because of how much He loves us. Despite that we, at times, do wrong, His sacrifice is a reminder that He still cares. For this day, let's focus on the time we have sinned, and or done wrong, and allow ourselves to thank, and be thankful for God still choosing us and still choosing to love us in the times when we are not his best sheep or followers.





“Lord,
Thank You for
choosing to love us
even at times when
we are not our best.
Continue to guide
us always.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

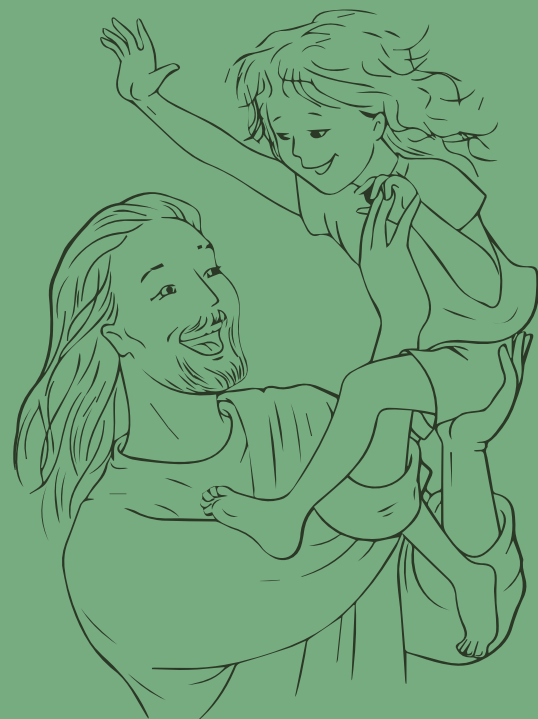
A Devotion Book for a Grateful Heart



Day 9

A cheerful look brings joy to the heart, and good news
gives health to the bones.

— Proverbs 15:30 —



a discussion

With having a grateful heart because of the Lord and His guide, we learn the positivities amidst the negative. This positive energy we shower on ourselves is also showered on others because of the energy we radiate, and in turn, our hearts become filled with more joy. Having a grateful heart allows us to let this joy in, becoming more cheerful and having a never-ending reason to smile and be happy.





“Lord,
continue to let
love and light in
our lives with
You.
Amen.”



a short
prayer



What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Day 10

For where your treasure is, there your heart will
be also.

— Matthew 6:21 —



a discussion

One of the reasons why we sometimes have hardships in life, whether it may be having a hard time doing work or tasks, is because our hearts are not aligned with it. If our hearts are not aligned to the things we truly like, then how can we foster a grateful one? There might be experiences in our life where we try to mold ourselves in one thing when we forget that there are other molds that fit us perfectly. God instills in us that we don't have to force ourselves in a mold that doesn't fit, because with His Great Plan, we all have our perfect fit. This perfect fit is where our heart is found, located with the greatest treasures meant for us in our lives.





“Lord,
continue to guide
me towards a
grateful heart full
of thanks and
treasure.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Day 11

And we know that for those who love God all things work together for good, for those who are called according to his purpose. — Romans 8:28



a discussion

A grateful heart is a heart that loves and cherishes the Lord and all He's done for us. With this, knowing what God did for us is a driving force to the same good to others, filling ourselves with love and the yearning to cherish them. Hence, having a grateful heart is also having a loving one that does good according to the purpose that God has in store for them in His almighty plan.





““Lord,
allow me to fulfill
my purpose
based on what
You have in
store for me as
Your disciple in
life.
Amen.”



a short
prayer



What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Day 12

But blessed are your eyes because they see, and your ears because they hear.

— Matthew 13:16



a discussion

In this time, we learn gratefulness by knowing the things that we have, and the things that God has blessed us. That he has given us food to eat, a shelter to be called as home, and a guide that is Him himself for the rest of our lives. We learn gratitude by being thankful for what we have holistically, and not by what we lack in resources. What matters in obtaining this grateful heart is that we don't need the most updated things the modern world has to offer us in order to be happy, blessed, and loved by God. Because for God, the genuineness of our love for Him is what matters most.





“Lord,
let Your genuine love
seep into me as I
share my love as
well to others in
abundance.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

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A Devotion Book for a Grateful Heart



Day 13

Now there is great gain in godliness
with contentment, for we brought
nothing into the world, and we cannot
take anything out of the world. But if
we have food and clothing, with these
we will be content.

— 1 Timothy 6:6–8 —



a discussion

Just the same as with Day 12, we continue with learning about contentedness and its role in having a grateful heart. Especially in modern times, where technology, and gadgets seem to be updating everyone second, it's not a surprise of how everyone is quick to change and wants newer things each day. However, if our wants surpass our needs, we may never be content. In being grateful, being content is also present. Being content with not following the latest updated gadgets, brand new bags, jewelry, etc Simply because it's not time for it to be needed yet, and that it's okay if we don't get it because we have enough. Knowing we have enough and being content with that shows how much thankful we are for what we have at the moment because we know that it is all we need to live and be a disciple of God.





“Lord,
thank You for all
the blessings,
giving us all that
we need in life to
live in content.
Amen.”



a short
prayer



What are my takeaways for today's devotion?





Thankful From Within

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A Devotion Book for a Grateful Heart



Day 14

So whether you eat or drink or whatever you do, do
it all for the glory of God.
– 1 Corinthians 10:31 –



a discussion

Knowing that God has provided us food to eat and water to drink, a grateful heart is indebted to these blessings the Lord has given us. They do not the blessing of food and water for granted and are not selfish when it comes to sharing with their neighbours. For the end of the 2nd week, Because of a grateful heart, these blessings are meant to be shared in abundance, just as the Lord would have wanted it. Being the disciples of God, having a heart of sharing in the name of the Lord, is having a heart that is loving and filled with appreciation for all mankind, whoever and whatever they may be.





“Lord,
continue to bless
this heart of mine
and of other to
show gratefulness
rooted in you to be
shared with others
in abundance.

Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

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A Devotion Book for a Grateful Heart



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Thankful From Within

Weekly Reflection

How was the 2nd week of my devotional
journey towards a grateful heart?

A Devotion Book for a Grateful Heart

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Thankful From Within

Weekly Reflection

How was the 2nd week of my devotional
journey towards a grateful heart?

A Devotion Book for a Grateful Heart

The more I look at
the times "thanks" is
mentioned in God's
Word - the more I
notice. . . This giving
of thanks has nothing
to do with my
circumstances and
everything to do with
my God.

Jenni Hunt



Thankful From Within

Week 3

"Your character is shaped by your
choices. What choices will you make
today that will positively affect the rest
of your life?"

– Rick Warren –

A Devotion Book for a Grateful Heart



Day 15

They are new every morning; great is your
faithfulness. — Lamentations 3:23



a discussion

A grateful heart is a heart that has a lot to thank for each day. They thank the blessings given to them in the past, the blessing given to them now in the present, and the blessings that there is to come for them in the future.

With this thankfulness, each day their faith strengthens and become a source of energy to do good and be good to the others all the time because it what God has enriched them each day in abundance, a heart ready to conquer anything for the day.





“Lord,
thank you for all the
blessings that has
allowed me to follow
my journey in
achieving a more
grateful heart in
likeness of Yours.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Day 16

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

– James 1:2–4



a discussion

A grateful heart may have not started as is, this heart might have been an angry one, or a tired one from all the trials it has faced in life, and it just wants to rest. This passage shows that the trials we have faced, no matter what it is, were trials to test and strengthen our faith. A grateful heart recognizes that, and because of it, the grateful heart is not just a heart filled with thankfulness and appreciation, but it is also a heart that is firm and strong in its decisions in life and its love for God who has made that heart as strong as it is in the current. Just like that, a grateful heart is a powerful one, indeed, complete and lacking in nothing.





“Lord,
with You I
am
complete
and I lack
nothing.
Amen.”



a short
prayer



What are my takeaways for today's devotion?





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Application

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A Devotion Book for a Grateful Heart



Day 17

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

– Philippians 4:7 –



a discussion

In connection to the previous day, a grateful heart has gone through a lot. It has shattered, been broken, and was put through tough things that made it weak and almost crumbling. But the Lord finds its way to that grateful heart, and gives it time to heal. It gives it rest, as long as that heart accepts Him as the saviour, and with that the grateful heart, the person owning that heart, becomes one who is stronger and more appreciative in the present day.





“Lord,
in times of
weariness, be my
strength to get
through
everything.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

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A Devotion Book for a Grateful Heart



Day 18

The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace.

— Numbers 6:24–26 —



a discussion

The Lord gives peace, the permanent and non lacking kind of peace. He blesses this with you for your grateful heart, and through the trials, you learn to realize and learn from it, finding peace in all the hurt those trials have given you. The Lord is with you, and always with you. He has always been there ready to help, and all it is a call from you to take action in order to guide you.





““Lord,
You are with
me as I
continue to
put my faith in
You.
Amen.”



a short
prayer



What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Day 19

Now may the Lord show steadfast love and
faithfulness to you. And I will do good to you
because you have done this thing.

— Samuel 2:6 —



a discussion

Showing the Lord of your faithfulness through being thankful for all He has done is a marker towards having a grateful heart. Being faithful to the Lord indicates your love for Him and your appreciation towards the blessings and sacrifices He has done for you, and as the day goes by of showing this faithfulness, you learn to be steadfast, strong, and unwavering of any trial that challenges your faith against the Lord.



“Lord,
give me the
guidance to
become steadfast
and strong in my
faith in times of
trials.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

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A Devotion Book for a Grateful Heart



Day 20

For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God. So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.

— 2 Corinthians 4:15–16 —



a discussion

Everything that God has done, He has done it for the good of us His disciples. He has done it so that we may be saved from our sin, and His glory encompasses each one of us, no matter if we had held faith in Him or not. This is what make a grateful heart shout for thankfulness, that despite being the imperfect beings that we are, doing wrong, God doesn't mind and loves all with unwavering affection. The grateful heart shouts for the Lord in appreciation, and the grateful heart uses this as inspiration to remain thankful and do good at all times.





“Lord,
You are the
Almighty! All
praises are
yours!
Amen.”



a short
prayer



Reflections

What are my takeaways for
today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Thankful From Within

Day 21

For you were bought with a price. So glorify God in
your body. — 1 Corinthians 6:20



A Devotion Book for a Grateful Heart

a discussion

The passage clearly states the sacrifice that the Lord has given us for our sins, sacrificing His only Son for the benefit of us all. A grateful heart takes reminder of this in every action they make, keeping into mind how our sins have consequences, and these allow to think clearly of what they do, and if it is in the image of God. The grateful heart doesn't want to make another mistake that would hurt again, and so the grateful takes precaution in all that they do.





“Lord,
guide me and
remind me of
every action I
take that is not
in line with Your
purpose for me.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

The image is a green-themed worksheet for weekly reflection. At the top, the text "Thankful From Within" is written in a small, dark green, cursive font. Below this, the title "Weekly Reflection" is prominently displayed in a large, dark green, serif font. The title is set against a light green background that features a large, dark green, cloud-like shape. Inside this shape, there are ten horizontal dashed lines for writing. At the bottom of the shape, a question is written in a small, dark green, cursive font: "How was the 3rd week of my devotional journey towards a grateful heart?". The page is decorated with illustrations of bellflowers. On the left side, there is a vertical stem with several bellflowers. On the right side, there is another vertical stem with several bellflowers. The entire page has a light green background.

The image shows a full-page spread of a journal. The background is a solid light green. On the left and right edges, there are vertical illustrations of bell-shaped flowers, possibly Campanula, with green leaves and stems. The central area is a darker green, rounded rectangle. At the top of this central area, the text 'Thankful From Within' is written in a small, elegant, dark green script. Below it, the words 'Weekly Reflection' are written in a large, bold, dark green serif font. Underneath the title, there are ten horizontal dashed lines for writing. At the bottom of the central area, a question is written in a light green, sans-serif font. At the very bottom of the page, centered, is the text 'A Devotion Book for a Grateful Heart' in a dark green script font.

Thankful From Within

Weekly Reflection

How was the 3rd week of my devotional
journey towards a grateful heart?

A Devotion Book for a Grateful Heart

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Thankful From Within

Weekly Reflection

How was the 3rd week of my devotional
journey towards a grateful heart?

A Devotion Book for a Grateful Heart

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Thankful From Within

Weekly Reflection

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journey towards a grateful heart?

A Devotion Book for a Grateful Heart

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May God help us to be thankful for our past; thankful for our present, but most of all thankful for the permanent. Which means, thanking God for Himself.

Steve Pease



Thankful From Within

Week 4

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."

– Melody Beattie –

A Devotion Book for a Grateful Heart



Day 22

I will thank you in the great congregation;
in the mighty throng I will praise you.

— Psalm 35:18 —



a discussion

The new week starts with a passage of thanks and praises. Thankfulness is gratefulness, a heart covered in this is shouting praises and thanks to the Lord of all it has given, and all it will give in the future. In this passage, giving thanks through praises, serving Him are ways that show our genuine love for the Lord and all the guidance He has given, whether through direct means or indirect ones that sometimes leave us confused, but at the end of the day guides us to what is truly righteous.



Thankful From Within



“Lord,
You are worthy
of all the
praises and
more!
Amen.”

a short
prayer



A Devotion Book for a Grateful Heart



Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Day 23

You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.

— 2 Corinthians 9:11 —



a discussion

God promises a beautiful life in our journey with Him if we accept Him, and with this beautiful life our hearts are filled with gratefulness that leads to generous acts of love and compassion, all through the gratitude that one feels with what God has given them through the blessings and heard prayers that He has answered. May the Lord continue to guide us and share His Greatfulness in abundance.





“Lord,
hear my prayers
and the deepest
worries in my
heart. Guide me
through it all.
Amen.



a short
prayer



Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Day 24

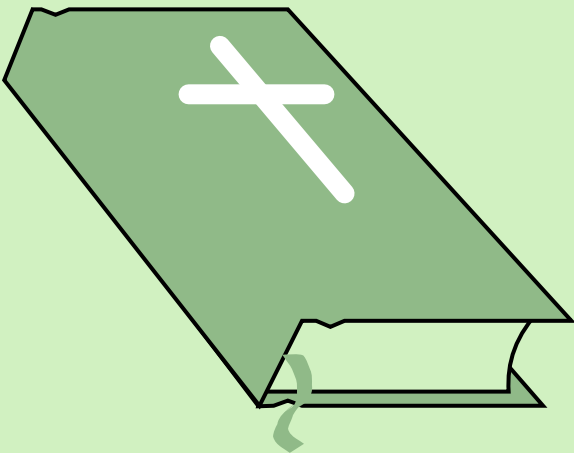
For everything God created is good, and nothing
is to be rejected if it is received with
thanksgiving, because it is consecrated by the
word of God and prayer.

— 1 Timothy 4:4-5 —



a discussion

Everything that the Lord has given us, whether material or through trials and lessons, it is for our great good. And if it is for our great good, then thanksgiving and praises is something that comes natural when it comes to realization. This builds a grateful heart, powered with more appreciation and gratitude that then translates to actions that helps not just the individuals possessing the grateful heart, but also the people that person surrounds itself with.





“Lord,
mold me for the
greater good and
guide to become
a good disciple of
Yours that is filled
with a grateful
heart and
abundance.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Day 25

Through Jesus, therefore, let us continually offer to
God a sacrifice of praise — the fruit of lips that
openly profess his name.

— Hebrew 13:15 —



a discussion

A deed so good is bound to be worthy of praise. With the Lord's deed of sacrificing His one and only son for our sake, the praises are bound to be endless in gratitude. The grateful heart instills this through and through, professing praises and thanks to the Lord in all that they do for nothing would have been possible if it wasn't for him. As we go on the journey of building a grateful heart, thanking the Lord is a natural action that we make with the constant realization of God's goodness in our lives, and that despite setbacks, there is still so much to thank Him for.





“Lord,
You have
sacrificed a lot
for the sake of
everyone, guide
me towards the
purpose You
have in store for
me.
Amen.”



a short
prayer



What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

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A Devotion Book for a Grateful Heart



Day 26

I will praise God's name in song and glorify
him with thanksgiving.

— Psalm 69:30 —



a discussion

Continuing with praises to the Lord for this week, thanksgiving is such a simple and effective way to show our gratitude in all that is given to us. Saying thanks may seem like a small deed, but small deeds lead to big changes, hence that's why let's never forget to give thanks to all the things given to us, to each person we encounter, and each trial that we face, we can learn to thank them for the lessons that they bring to our lives as possible vessels of the Lord's message to us for our greater good.





“Lord,
I will continue to
praise You and Your
Goodness through
the trials and
worries, forever.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

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A Devotion Book for a Grateful Heart



Day 27

Oh, taste and see that the Lord is good!
Blessed is the man who takes refuge in him!

— Psalm 34:8 —



a discussion

Blessed indeed are those who seek the Lord in all moments, whether it be a trying time, a moment of thanks, or a moment of just needing someone to talk to. Confiding in the Lord can be therapeutic, letting all our worries and fears out to someone that is omnipresent, even if we do not seem them, we can feel them and know that they are truly listening. The grateful heart knows this its comforted by that knowledge that the Lord is available and can see them through their journey in life.





“Lord,
You are only
good and
sovereign and
You have never
forgotten about
me. Continue to
be my light and
guide in life.
Amen.”



**a short
prayer**



Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

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A Devotion Book for a Grateful Heart



Day 28

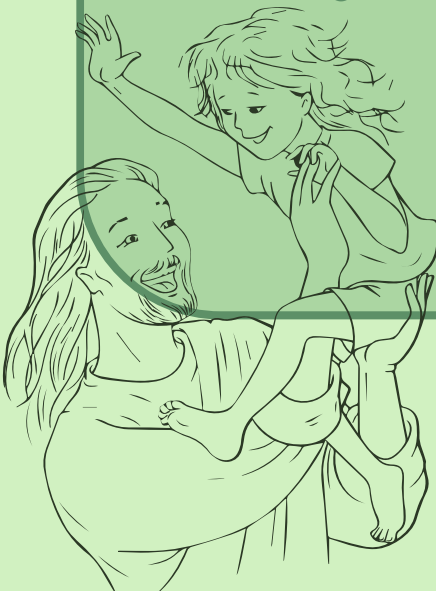
Only fear the Lord and serve him faithfully with all
your heart. For consider what great things he has
done for you.

— 1 Samuel 12:24 —



a discussion

Serving the Lord makes us aware of the great things He has given, and the abundance of these great things makes most of us fear of disappointing Him. Hence, a person with a grateful heart takes all their actions with the fear of the Lord in mind, and that they do not want to make decisions of sin because of the unbearing amount the Lord has done for them. Those that have this heart lead with love and goodness, and their actions are rooted in that, making sure that no negativity is planted to bloom.



Thankful From Within



“Lord,
show me the
ways to being a
good servant of
Yours.
Amen.”

a short
prayer



A Devotion Book for a Grateful Heart



What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
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Day 29

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.

— Ephesians 5:18–20—



a discussion

Nearing the end of our devotional journey towards a grateful heart, let's remember that while some things may seem fun at the start, it is the long term aspect that we might sometimes see. Does this really benefit me in the long run? Is this temporary happiness better than the everlasting one promised by God? The grateful heart would choose latter, choosing the one with the Lord and His guidance. Instead of choosing temporary happiness rooted in sin, the grateful heart chooses the one that is worth the wait, rooted in thankfulness and praises as well as the steadfast in the Lord.





“Lord,
protect me from
temptations that
barge through
my life. Guide me
towards Your
purpose, always.
Amen.”



a short
prayer



What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

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A Devotion Book for a Grateful Heart



Day 30

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

— Psalm 28:7 —



a discussion

And we have reached the last day of this journey towards a grateful heart. For today's scripture, it's a simple but powerful one. In times of hardships that makes the grateful heart waver, there is only one thing that can help us remain steadfast. And that is reminding ourselves that in this journey of gratefulness, the Lord has our back. He is our source of strength and protection, as long as we put our trust in Him, we will not fail. There may be setbacks in this journey, but as long we remain our faith in the Lord, all is well for the rest of our days with our faith strengthened in Him.





“Lord,
You are my true
source of strength.
Through You, this
heart that has
gone through a lot
has progressed
towards its journey
to gratefulness. All
glory is Yours.
Amen.”

a short
prayer





What are my takeaways for today's devotion?





Thankful From Within

Application

How can I apply this is my journey towards a
grateful heart?

a prayer

create your own short prayer for this day.

A Devotion Book for a Grateful Heart



Thankful From Within

Weekly Reflection

How was the 4th week of my devotional
journey towards a grateful heart?

A devotion book for a grateful heart

The image is a worksheet titled "Weekly Reflection" in a large, dark green, serif font. Above the title, the phrase "Thankful From Within" is written in a smaller, cursive font. Below the title, there are ten horizontal dashed lines for writing. At the bottom of the worksheet, a question is posed: "How was the 4th week of my devotional journey towards a grateful heart?". The entire worksheet is set against a light green background and is framed by a dark green border. On the left and right sides, there are illustrations of bellflowers. The text "A devotion book for a grateful heart" is written at the bottom of the page.

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"A thankful heart is one of the primary identifying characteristics of a believer. It stands in stark contrast to pride, selfishness, and worry. And it helps fortify the believer's trust in the Lord and reliance of His provision, even in the toughest times. No matter how choppy the seas become, a believer's heart is buoyed by constant praise and gratefulness to the Lord."

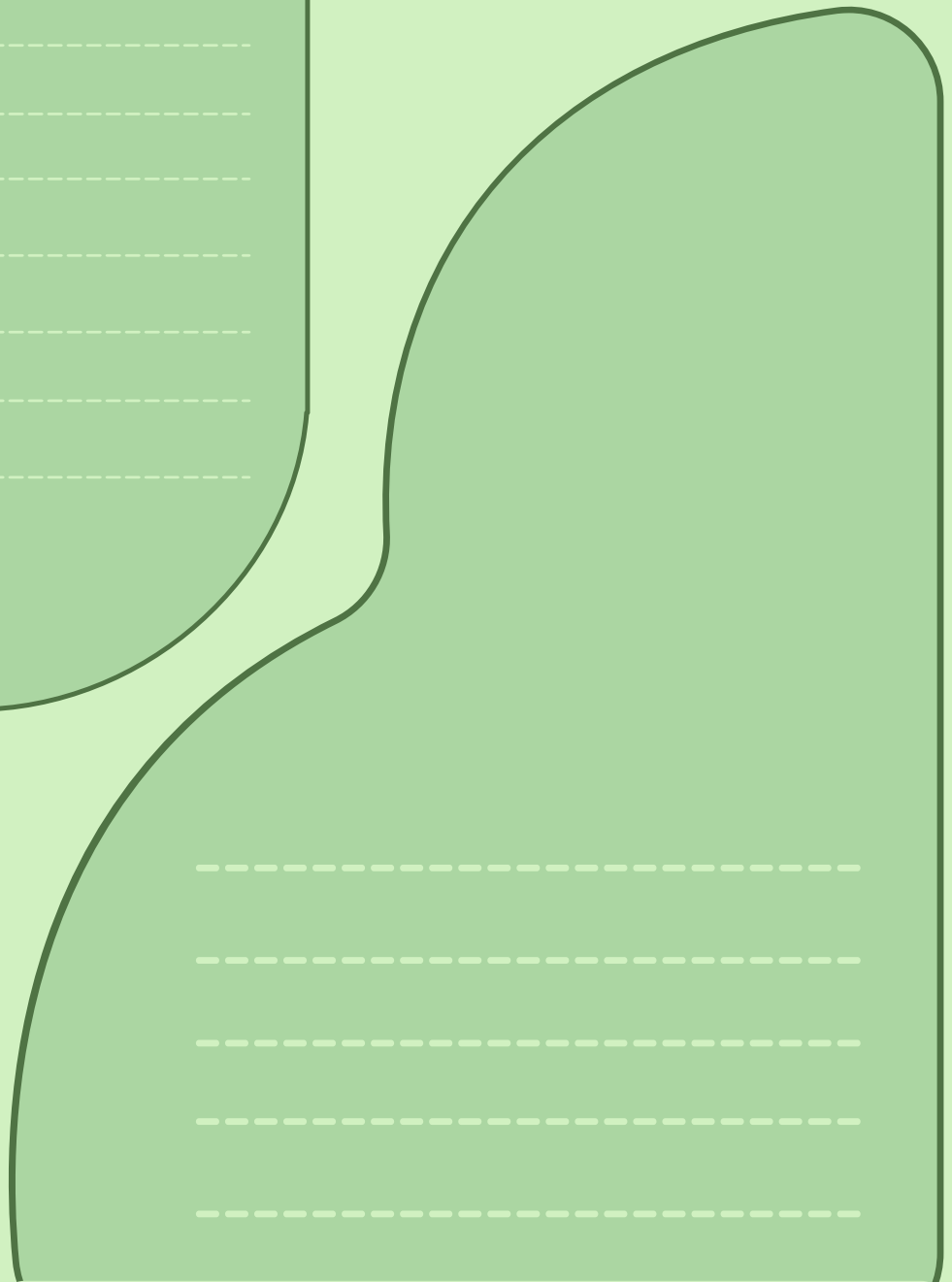
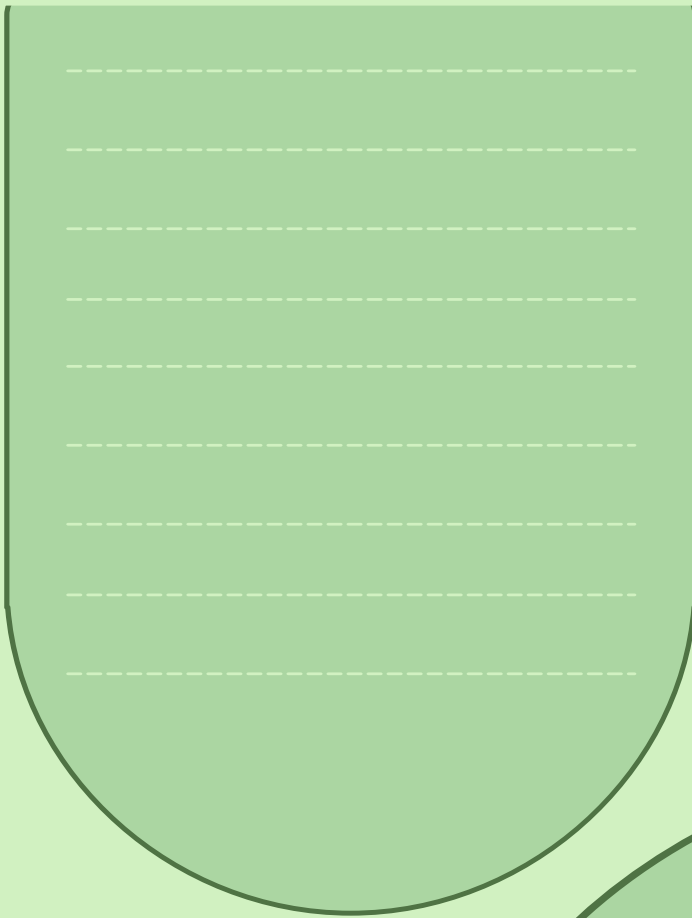
—John MacArthur

Journey Reflection

What are the most notable things I have
gone through this 30 day journey
towards a grateful heart?

Thankful From Within

The verses that struck me the most were:



Things I realized in this journey are:

Thankful From Within



“Gratitude is an offering
precious in the sight of God,
and it is one that the poorest
of us can make and be not
poorer but richer for having
made it.”
- AW Tozer -



A Devotion Book for a Grateful Heart