

A small practice of gratitude

One passage. One honest response. A little room to notice what matters.

Choose one reading

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| ☐ Psalm 100:1-5
Worship and a shared meal | ☐ Luke 17:11-19
Returning to say thank you |
| ☐ Psalm 103:1-5
Remembering received kindness | ☐ Philippians 4:4-9
Bringing thanks and requests |
| ☐ 1 Thessalonians 5:12-22
Giving thanks during a hard day | ☐ 2 Corinthians 9:6-15
Gratitude expressed through giving |
| ☐ Colossians 3:12-17
Thanks in everyday relationships | ☐ Habakkuk 3:17-19
Trust with loss still in view |

Read the surrounding verses in your Bible before responding. The references above point to complete short readings; they are not promises about a particular outcome.

Pause and respond

1 One kindness I noticed

2 One need I can name honestly

3 One small act of care I can offer

AN ORIGINAL PRAYER

Heavenly Father, thank You for the care I have received today, including the kindness I nearly missed. Help me remember it honestly and respond with love. Receive the needs that remain unresolved. Give me patience with a difficult day and attention for the person beside me. Show me one good thing I can do with what has been entrusted to me. Through Jesus Christ, amen.

Gratitude can sit beside grief, uncertainty, and a request for help. You do not have to force a cheerful feeling to begin.