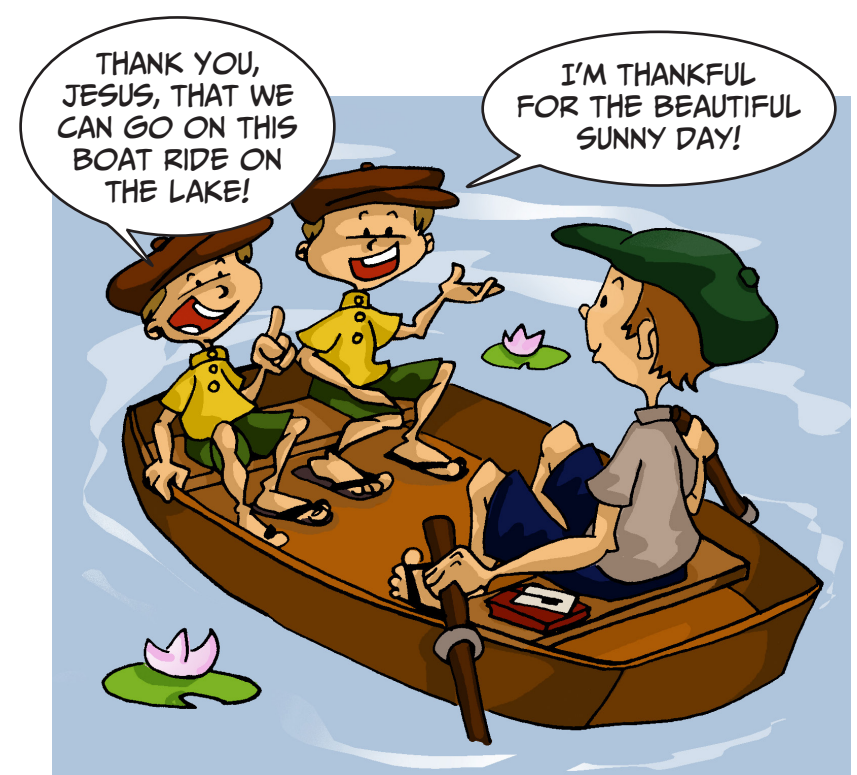


Grateful in All Things

The Bible tells us to give thanks in all things.¹ That means in whatever we are doing and whenever we can, we should voice our gratitude to God for all that He does for us.

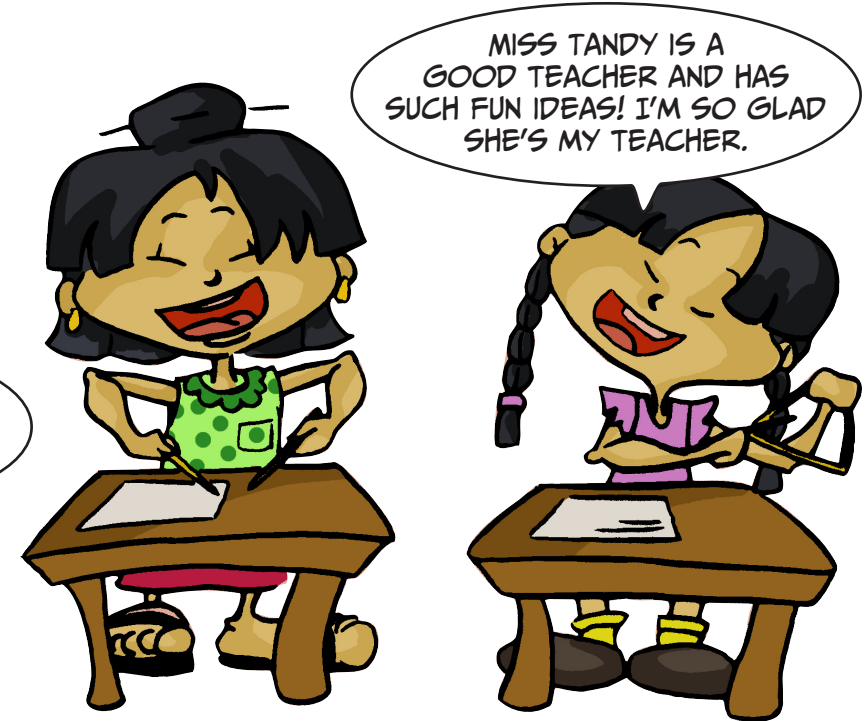
It can be easy to think that many of the things that happen to us each day are not that amazing, and so it may not seem necessary to voice our praise, but it is important. Showing our gratitude in all things is good for our hearts.



When we are thankful for the things we have been blessed with—even the little things—it makes us more appreciative of what we have. There are people in the world who do not have many things that they need, much less things that they want, and we should not take the blessings in our lives for granted.



We can make a point to thank Jesus for the good things we have by turning thoughts of joy into words of gratitude. Our words don't have to be special or many, so long as we use them in praise and thanksgiving. We can tell God of our gratitude, and as we do, our hearts will be filled with joy.



"A happy heart makes the face cheerful!"
(Proverbs 15:13 NIV).



¹ 1 Thessalonians 5:18