



Christian Caregiver Support Devotion

Gratitude Benefit in Caregiving

1 Thessalonians 5:18 In everything give thanks: for this is the will of God in Christ Jesus concerning you.

1 Chronicles 16:34 Give thanks to the Lord, for He is good; His love endures forever.

Gratitude impacts every area of our lives.

By giving us the command to always give thanks, God is not rubbing salt in a wound or calling us to set aside reason. He knows that being thankful in all circumstances has a powerful impact on every area of our Christian life. Here are ten lessons I've learned:

- 1. *Gratitude keeps us continually aware that the Lord is close by.*** Even though gratefulness doesn't come naturally in difficult circumstances, a decision to thank God for walking with us through life makes us more sensitive to His comforting presence.
- 2. *It motivates us to look for His purpose in our circumstance.*** Knowing that the Lord allows hurt and trouble for His good purposes takes the edge off the pain. Even if we don't understand why we're going through suffering, we can thank God because we know that in His time, He'll work it all for good. In the meantime, we can rest in the knowledge that He's using every hardship to transform us into the image of His Son ([Rom. 8:28-29](#)).
- 3. *Thanksgiving helps bring our will into submission to God.*** When the situation we're experiencing is the last thing we'd ever want, thanking the Lord is a giant step toward being able to follow Christ's example and say, "Not my will, but Yours be done" ([Luke 22:42](#)). Gratitude helps us acknowledge that God's will is best, even if it's hard; in that way, we are able to release our hold on what we want. Although the circumstances may remain the same, submission changes our heart.
- 4. *It reminds us of our continual dependence upon the Lord.*** Pride, adequacy, and independence evaporate whenever we're trapped in a situation that leaves us helpless and hopeless. If there's no way out, thanking God for His control over all things reminds us that He alone is our strength.
- 5. *Thankfulness is an essential ingredient for joy.*** There's no way to "rejoice always" ([1 Thess. 5:16](#)) without giving thanks in everything (v. 18). That's why ungrateful people are so grumpy. Joy is an inner sense of contentment, which flows from a deep assurance that all God's

purposes are good and He's in complete control of every situation. With that kind of supernatural joy, it's easy to be thankful.

6. A grateful attitude strengthens our witness to unbelievers. The world is filled with people who are angry, frustrated, and overwhelmed with the difficulties of life. But a believer with a grateful attitude is like a light shining in a dark place. The people around you will want to know why you don't grumble and complain the way everyone else does. Then you can tell them about your amazing Savior.

7. Thanking God focuses our attention on Him rather than our circumstances. The key to a grateful heart begins with understanding the Lord's character because knowing His awesome attributes motivates trust and gratitude. He knows exactly what you're going through, loves you unconditionally, and understands you perfectly. When you thank Him in tough times, He gets bigger, and the circumstances become smaller.

8. Gratitude gives us eternal perspective. The apostle Paul is an amazing example of a man who suffered extreme hardship yet remained thankful. That's because he was able to see life from God's perspective. In [2 Corinthians 4:16-18](#), he says our present suffering is "momentary light affliction." If you're going through a really hard time, those words may sound ridiculous. Maybe you've been dealing with pain your entire life, or a difficult trial has dragged on for decades. It hardly seems momentary or light.

But Paul is comparing our situations here on earth with what's awaiting us in eternity. For him, a 40-year stretch of pain and hardship was no match for the "eternal weight of glory" awaiting him ([2 Cor. 4:17](#)). What an amazing thought—your present pain has the potential to produce incomparable glory for you in heaven. Now that's a big reason to thank God!

9. When we're wearied by our circumstances, thanksgiving energizes us. Most of us can handle short trials, but if they continue for a long period of time, the emotional and physical strain is exhausting. Should ongoing illness, unresolved relational problems, or continued financial pressures become more than we can bear, it's time to start thanking God because He has promised to give strength to the weary ([Isaiah 40:29](#)). He'll release His supernatural energy within us so we can patiently endure the trial and come out victorious on the other side.

10. Gratitude transforms anxiety into peace, which passes all understanding ([Phil. 4:6-7](#)). I learned this principle through a very difficult experience. When I was feeling anxious about the situation, I discovered that complaining, getting angry, and arguing with God didn't change my circumstances. Finally, in desperation, I began thanking Him. Only then did I receive His

incomprehensible peace. My situation didn't change for quite a while, but God's peace guarded my heart all the way through that trying time.

(taken from Charles Stanley)

Some questions to ponder:

Is gratitude something that comes naturally to you or do you need to work on and "attitude of gratitude"?

Do you and if so how do you practice gratitude daily?

Do you believe pausing for gratitude moments can change your thinking, your generalized feeling and your energy level?

Gratitude activities

1. Our senses can ground us during times of stress. At down moments or each day look for:

- a) See – Something you see to be thankful for.
- b) Hear – Something you hear to be thankful for.
- c) Touch – Something you touch to be thankful for.
- d) Smell – Something you smell to be thankful for.
- e) Taste – Something you taste to be thankful for.

2. Gratitude Journal- in notebook write 3 things daily

3. Gratitude trigger – object that will remind you to be thankful

4. Gratitude partner – someone you share a thanks with each day

5. Daily gratitude reflection:

- a) What touched me today?
- b) Who or what inspired me today?
- c) What made me smile today?
- d) What's the best thing that happened today?

6. Ungrateful thought transformed – acknowledge an ungrateful thought and flip it, find a silver lining to make it a grateful thought