

GRATITUDE: THE RIGHT ATTITUDE

FASTING 2025

Gratitude is more than a mere expression of politeness; it is a profound reflection of our faith, our recognition of God's love, and our desire to live under His Kingdom. The attitude of gratitude opens the doors to God's kingdom for us daily, transforming our focus from natural circumstances to a much greater eternal purpose.

The evidence that we truly believe in something is that gratitude and peace fill our hearts even before what we ask for or long for manifests. Therefore, not being grateful is synonymous with not truly believing.

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

Hebrews 11:6 NLT

Through gratitude, we express our faith that He is good and that His love for us is real. Gratitude is a manifestation of our belief in the reward that awaits us. We can only be grateful for the work we've done when we have the hope of receiving payment—a fruit in exchange for our effort. This expectation motivates us to persevere, even through trials and difficult situations, until we receive what was promised.

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Galatians 6:9 NLT

Gratitude, then, becomes not just a feeling, but an attitude that changes how we live and perceive the world. It is that attitude that drives us to keep believing and making efforts.

When a concept becomes a true belief, it descends into our hearts and is expressed as an attitude. Emotions such as anger, fear, or jealousy can turn into attitudes and behaviours that often distance us from God, reflecting a lack of trust in His love and purpose. Faith, as we've said, produces emotions such as gratitude, joy, and peace.

Enter his gates with thanksgiving; go into his courts with praise.

Give thanks to him and praise his name.

Psalm 100:4 NLT

In this passage, Scripture teaches us that the key to opening the doors that allow us to enter His presence is gratitude. This connects us with God, enabling us to acknowledge what we have rather than lamenting what we lack. When we change complaining into joy, our faith grows.

We must continually look back to acknowledge all the blessings we've received, those we have and enjoy in the present, as well as the future that our Father has planned for us. In this way, we will stay in the race until we cross the finish line.

Praise the Lord, my soul, and forget not all his benefits

Psalm 103:2 NIV

Gratitude is not simply acknowledging our current blessings; it is believing in the promised inheritance, recognizing our purpose in the Kingdom of God, and trusting in the finished work of Christ on the cross. When we acknowledge and give thanks for this inheritance, we live with the purpose and certainty that we are called to reign with Him for eternity. This instills in us a hope that transforms the way we live.

Clothing ourselves with gratitude allows us to enter the Kingdom of God with an open heart and a willing spirit. Through gratitude, we express faith and trust in His sovereignty and love for us, enabling us to see the world and our lives through a lens of hope and purpose.

Application

Take a few minutes each day to reflect on what you have to be grateful for. You can write a gratitude journal, writing down three things you are thankful for. This practice will help you focus your mind on the positive and strengthen your faith. By acknowledging and being grateful for His plan, you can align your daily actions and decisions with His will, which will strengthen your relationship with God and refresh your vision.

Reflection

How can I practice gratitude in difficult circumstances, and what impact could this have on my relationship with God and others?

The next time you face a difficulty, find a reason to be grateful for it. Maybe it has taught you something important or led you down a new path. Viewing trials with gratitude will help you grow in faith and resilience.