

LESSONS LEARNED

Day 4: The Lesson of Gratitude in the Storm

Scripture: *"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."* — 1 Thessalonians 5:18 (NIV)

Reflection:

Gratitude is easy when the skies are clear and the road is smooth. But when the clouds roll in—when life turns upside down, when the diagnosis is grim, the bills stack high, or your heart is broken—giving thanks feels unnatural. And yet, it's exactly what God calls us to do.

This verse from 1 Thessalonians isn't saying we must be thankful *for* every circumstance, but to find ways to be thankful *in* every circumstance. There's a big difference. Gratitude in the storm doesn't mean denying pain or pretending everything's fine. It means choosing to look for God's presence, His provision, and His promises even when life feels like it's falling apart.

I remember walking through a season that knocked the wind out of me. Everything felt uncertain—financially, emotionally, and spiritually. I remember sitting in my car after a long day, exhausted and frustrated, and just crying out to God. In that raw moment, I didn't feel like praising—but I felt Him gently reminding me to look around. I still had breath in my lungs. I still had people praying for me. I still had His Word, His promises, and His love. That was the start of something new in my heart. Not an instant fix—but a gradual shift in perspective.

Gratitude became my anchor. Not because the storm stopped, but because it reminded me that even in the storm, God was still God. He was still good. And He was still with me.

When you choose gratitude during hardship, it becomes an act of worship. It's a declaration that your circumstances don't define your faith—your God does. It builds spiritual resilience. It softens bitterness. It invites peace.

So if you're in a storm today—emotional, physical, financial, or spiritual—try pausing, just for a moment, to thank God for something. Anything. It might be small—a sunrise, a text from a friend, a quiet moment. Gratitude doesn't erase the storm, but it will remind you that you're not alone in it.

Reflection Questions:

1. What are three things you can be grateful for right now—even if they seem small?
2. How has a difficult season in your life revealed God's faithfulness or presence?
3. In what ways can practicing daily gratitude shift your heart and attitude during times of struggle?
4. Who or what has God used recently to remind you that you're not alone?

Prayer:

Father, thank You for being with me in every season—especially the hard ones. When I'm tempted to focus on what's going wrong, help me to see what's still good. Teach me to practice gratitude even in the mess, and to trust that You're working behind the scenes. Thank You for being my constant, my comfort, and my strength. In Jesus Name we pray, Amen.