

AFTER THE STORM

Day Three: Gratitude for What Remains

Scripture: *“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”* — 1 Thessalonians 5:18

When a storm passes, one of the first things we notice—after the silence—is what remains. Maybe not everything survived intact. Some things may be broken, damaged, or lost forever. But in the middle of what feels like loss, there are still blessings to be seen.

Gratitude after a storm is not about pretending nothing was damaged. It’s about recognizing that, despite the storm’s power, God’s hand preserved what truly matters. You may have lost a job, but your family still stands with you. You may have said goodbye to a loved one, but you carry the gift of their love and the memories that shape you. You may still be fighting an addiction, but today you woke up with another chance to keep pressing forward. You may have had friendships change, but God brings new relationships to encourage you along the way.

Storms strip away our illusions of control, and in the aftermath, they sharpen our vision. Suddenly, the things we once overlooked—the hug of a child, the roof still standing, the food on the table, the strength to try again—become priceless treasures. Gratitude turns our eyes away from what we lost and opens them to what God, in His mercy, allowed to remain.

The Apostle Paul doesn't tell us to give thanks *for* every circumstance but *in* every circumstance. There's a difference. We don't thank God *for* the storm itself, the loss, or the hardship. Instead, we thank Him *in* the midst of it—because He has not abandoned us, because His promises remain true, and because His grace is still holding us up.

Gratitude after restoration is powerful. It keeps bitterness from taking root. It anchors us in hope. And it trains us to see that God's goodness is not canceled by life's hardships—it shines brighter through them.

 **Reflection:** In your storm's aftermath, what are the blessings you can still name? Take a moment today to write down three things you're grateful for, no matter how small.

 **Prayer:** Lord, thank You for what remains after the storm. Help me not to fixate on what I lost but to celebrate what You have preserved. Teach me to live each day with a grateful heart, seeing Your hand at work even in the smallest details of my life. In Jesus Name We Pray, Amen