**Gratitude as Worship**

**Purpose:**  
Gratitude is a profound form of worship, an expression of our acknowledgment of God’s goodness, faithfulness, and provision. When we focus on thanksgiving, we align our hearts with His will and draw closer to Him. Gratitude shifts our perspective from what we lack to the abundance of His blessings, transforming our struggles into opportunities to see His grace at work. As **1 Thessalonians 5:18** teaches: *“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”* This worksheet will guide you in cultivating a spirit of gratitude that deepens your worship and strengthens your relationship with God.

**Identifying Blessings:**

List three blessings you are especially thankful for today. These can be big or small, spiritual or practical.

**Gratitude in Challenges:**

Reflect on a recent challenge or difficult season. How did you see God’s hand at work in that situation? What can you thank Him for, even in the midst of hardship?

**Scripture of Thanksgiving:**

Choose a verse that reminds you of the power of gratitude. Write it here:  
*“*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”\_  
(Book, Chapter:Verse)

How does this verse inspire you to practice gratitude in your daily life?

**Gratitude as Worship Practice:**

How can you incorporate gratitude into your worship routine? Examples might include journaling, praying with thanksgiving, or sharing your gratitude with others.

**A Prayer of Gratitude:**

Write a prayer expressing your thankfulness to God for His blessings and presence in your life.  
\_“Dear Lord, thank You for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Even in times of uncertainty, I am grateful for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. Help me to always remember Your goodness and to honor You with a heart full of praise and thanksgiving. Amen.”*

**Sharing Gratitude with Others:**

Gratitude becomes more powerful when shared. Think of someone in your life whom you want to thank or encourage. Write their name and what you’d like to say to them.  
Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Message: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Reflection on Gratitude’s Impact:** How does focusing on gratitude affect your emotions, outlook, and relationship with God?

**Weekly Gratitude Commitment:** Write down one action you will take this week to express gratitude more intentionally—whether through worship, prayer, or acts of kindness.  
\_This week, I will show gratitude by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.*

May this practice of gratitude fill your heart with peace and draw you closer to God, transforming each moment into an opportunity to worship and give thanks.