



# *Overflowing* With Thanks

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## Welcome to “Overflowing with Thanks”

As we enter this season of Thanksgiving, it's a perfect time to pause and reflect on the many blessings that fill our lives. In a world where it's easy to focus on what we lack, God calls us to shift our gaze toward gratitude. This 5-day devotional, “Overflowing with Thanks,” is designed to guide you through Scripture and prayer, helping you cultivate a heart of thanksgiving that transcends circumstances. Each day, we'll explore a new aspect of gratitude, reminding us of God's constant goodness and abundant provision. May this time of reflection fill you with peace and joy, drawing you closer to the One who gives us every perfect gift.



Psalm 107:1

*“O give thanks unto the Lord, for he is good: for his mercy endureth for ever.”*

## Day 1: The Heart of Thanksgiving

### Scripture:

*“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.” — Psalm 100:4-5, KJV*

### Reflection:

As we begin this devotional, let's focus on the heart of Thanksgiving. In this psalm, we're invited to enter into God's presence with thanksgiving and praise. It's a beautiful reminder that gratitude is our way of approaching Him with a joyful heart. We don't need to wait for a perfect moment or a grand reason to be thankful; every day offers us countless blessings to recognize and celebrate.

Sometimes, we can get so focused on what we wish we had that we overlook what God has already given us. Today, let's make a deliberate choice to pause and give thanks, even in the middle of life's ups and downs. Thanksgiving is more than a holiday; it's a way of living, a posture of the heart that draws us closer to God. In the simple moments—a warm home, a meal on the table, the laughter of loved ones—we find His goodness surrounding us.

Take a moment today to reflect on the many reasons you have to be thankful. Make it a personal prayer of praise, lifting your heart to God with gratitude and joy for all He has done.

### Prayer Prompt:

Lord, open my eyes to see the blessings around me today. I thank You for Your goodness and mercy, for Your love and faithfulness that endure forever. Help me to cultivate a heart of gratitude, so that I may enter Your presence with thanksgiving every day. Thank You for five specific blessings You have given me: [take time to list five things you are grateful for today].  
Amen.

## Day 2: The Gift of Contentment

### Scripture:

*“Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.” — Philippians 4:11-12, KJV*

### Reflection:

Contentment is a gift that frees us from constantly striving for more. In this passage, Paul shares a powerful lesson: true contentment doesn't depend on our circumstances. Whether we're experiencing abundance or facing challenges, God gives us the strength to find peace in Him. Paul learned to be content by trusting God's provision and plan, no matter what season he was in.

As we prepare for Thanksgiving, let's focus less on what we might feel is missing and more on the blessings already in our lives. Contentment grows when we choose to trust God and appreciate the simple, everyday gifts He provides. It's in the quiet moments, the laughter of loved ones, or the beauty of creation that we see how much we truly have.

Today, invite God to show you how to find joy and contentment in the small things. Take a moment to rest in His presence, knowing that He is enough, and His provision is always sufficient.

### Prayer Prompt:

Lord, help me to find contentment in You. Teach me to be grateful in every circumstance, trusting that You provide exactly what I need. Thank You for the peace that comes from resting in Your love and provision. Today, I thank You for [mention one specific area where you feel contentment or peace]. Amen.

## Day 3: Counting Blessings

### Scripture:

*“Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.” — James 1:17, KJV*

### Reflection:

Every good and perfect gift in our lives is a reminder of God’s love. When we pause to recognize these gifts, our hearts naturally overflow with gratitude. Thanksgiving is an ideal time to count our blessings and see God’s hand in both the big and small moments of life. It’s easy to focus on our struggles and forget about the simple joys and blessings we encounter daily.

Today, try listing each blessing that comes to mind. From the warmth of a home to the kindness of a friend, every gift is a reflection of God’s goodness. Even things we might overlook, like a beautiful sunrise or a good meal, are reminders that He cares about us deeply.

By counting our blessings, we see how richly God has provided for us, even when life isn’t perfect. Let this exercise encourage you to look for His gifts around you and to praise Him for His unchanging goodness.

### Prayer Prompt:

Father, I thank You for the abundance of blessings You have poured into my life. Help me to see Your hand in every good gift and to be continually aware of Your love. Today, I thank You for five blessings, both big and small, that bring joy to my heart: [list five specific blessings]. Amen.

## **Day 4: Gratitude Through Trials**

### **Scripture:**

*“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” — 1 Thessalonians 5:18, KJV*

### **Reflection:**

Giving thanks in all circumstances can be challenging, yet it's what God calls us to do. Gratitude during times of trial may not come naturally, but it's during these moments that we can experience His strength and faithfulness in new ways. When we thank God even in difficult seasons, we show our trust in His goodness and His perfect plan for our lives.

Today, think back to a hardship you've endured. Can you see how God was with you, even when things were hard? Perhaps He provided strength, brought someone to support you, or gave you wisdom through the struggle. Trials often deepen our faith and shape our character, and while we may not always understand them, we can still thank God for His presence and for the lessons learned.

Gratitude in difficult times shifts our focus from the pain of the moment to the hope of God's promises. It reminds us that we're never alone and that God works all things for our good.

### **Prayer Prompt:**

Lord, thank You for being with me in every season, especially the hard ones. Help me to trust in Your goodness, even when life is difficult. I am grateful for [mention one specific way God has shown you His presence or strength during a trial]. Thank You for the strength and peace that come from knowing You are always by my side. Amen.

## **Day 5: A Heart for Giving**

### **Scripture:**

*“Being enriched in every thing to all bountifulness, which causeth through us thanksgiving to God.” — 2 Corinthians 9:11, KJV*

### **Reflection:**

As we reflect on God’s abundant blessings, Thanksgiving becomes more than just gratitude—it’s an opportunity to share His love by blessing others. When we give out of a grateful heart, we not only meet the needs of others, but we also reflect God’s generosity and love to the world. A thankful heart is naturally generous, looking for ways to serve and uplift others.

Think about ways you might bless someone around you today. It doesn’t have to be a grand gesture; even a small act of kindness can make a meaningful impact. This could mean offering your time, words of encouragement, or a simple gift. When we give from a place of gratitude, we are living out the fullness of Thanksgiving, showing others the love that God has shown to us.

As you celebrate this season, ask God to give you opportunities to bless someone else and to let your gratitude flow into acts of love and kindness.

### **Prayer Prompt:**

Father, thank You for the abundance You have poured into my life. Help me to reflect Your love through acts of kindness and generosity. Show me someone I can bless today, and give me a heart that is open to serving others with joy. I am grateful for [mention one way you have been able to give to or bless someone recently]. Amen.

Thank you for joining in this journey of gratitude through “Overflowing with Thanks.” As we’ve reflected on God’s blessings, His provision, and His call to contentment and generosity, I hope you feel a renewed sense of thankfulness. May the lessons and reflections from these days inspire you to keep a grateful heart, not only during Thanksgiving but every day. Remember, gratitude draws us closer to God, filling our lives with peace and joy. May you continue to find His blessings all around you and share His love with those you encounter.

## Colossians 3:15

*“And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.”*

**Lord, thank You for the abundance of Your blessings. Fill our hearts with gratitude, and help us to share Your love and kindness with others. May we always live with a spirit of thanksgiving, recognizing Your hand in every good gift. Amen.**

May the gratitude we’ve cultivated here continue to grow in your heart all year long. Remember, thankfulness isn’t just for one season—it’s a way of life.