Family TableTalk

Conversation 112

Thankfulness

read

Psalm 100:1-5

think

Followers of Jesus should be the most thankful people on the face of the planet. Why? Because we have the most to be thankful for! Sadly many people, Christians and non-Christians alike, live with an underlying attitude assuming we deserve everything we have. Instead, God desires His people cultivate a humble, thankful heart. Gratitude flows from recognizing all things we have is a gift from a generous God. Psalm 100:4 instructs us to praise God with thankfulness; "Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!"

I Thessalonians 5 encourages us to "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." If "Every good gift and every perfect gift is from above, coming down from the Father of lights" (James 1:17a) then we have a myriad of reasons to practice gratitude! This ranges from the hugely impactful to the seemingly insignificant.

At the top of the list is life; physical and spiritual. The fact that you are reading this TableTalk Devotional means you are still alive. What a precious gift! You are created in God's image, incredibly valuable. Even in sin, you are deeply loved by your Creator. "But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved" (Ephesians 2:4–5). God has lavished His love upon us. Today may you "Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture" (Psalm 100:3).

Life and salvation are significant and should stir a heart of thankfulness. Pause and look around. Seriously, what do you see around you? There are many "small" things we are often tempted to take for granted. Clean water to drink, the clothes you are wearing right now, a house to live in, or the family you are reading this with. God blesses every person with so much. Being thankful for the little things in life often helps us be thankful for the big things, too. God is a generous God. Today, may we each pause and ponder God's goodness towards us in the big and small details of life.

apply

- It takes practice to cultivate gratitude. Together, make a list of 20 things you are thankful for. The more creative and unique the better.
- How can you grow in being thankful for the most impactful gift of all, the gospel!? One way to do this is to preach the gospel to yourself everyday. This week set a reminder on a device or a sticky note to reflect on Ephesians 2:4-6.
- A simple way to grow your gratitude is to incorporate thanksgiving into meal time prayers. Have every person share one or two things they are thankful for, and then praise God together for each thing that was shared.
- Consider writing a thank you note to someone you appreciate. This helps you grow in thankfulness while encouraging someone you care for.

pray

Heavenly Father, thank you for every good and perfect gift. You generously bless us, giving us countless reasons to praise your name. You sustain every breath in our lungs and every beat in our chest. We praise you for Jesus, who He is and what He has done. He lived, died in our place, and rose again victoriously over sin and death. We ask that you will forgive us for a prideful heart. Thank you for your grace and mercy that are new every morning. Thank you Lord, be honored in our thoughts, attitudes, and actions. Amen.

by Kyle Fulks Kyle is a CPYU Research Fellow and Assistant Pastor at Hope Community Church, Gilbertsville, PA.

cpyu.org CPYU

© 2026 Center For Parent/Youth Understanding