



A JESUS LIGHT STUDIO PRINTABLE

A gentle Scripture-led guide to noticing God's goodness in every season.

A grateful heart, one moment at a time

Gratitude is more than good manners or a cheerful mood. In the Bible, thankfulness is a way of turning our attention towards God, remembering his character, and receiving each good gift with humility. It can be practised in joyful days and held gently through difficult ones.

Read each passage slowly. The short quotations are from the King James Version (KJV). The notes are plain-English reflections, not replacements for the biblical text. Pause at the prompt and write a few honest words, even if your gratitude feels small today.

A simple invitation: notice a gift, name it, and give thanks.

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SCRIPTURE FOR A THANKFUL HEART

Remembering God's goodness

01 Psalm 100:4–5

“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.” (KJV)

Praise begins by remembering who God is. The psalm connects thanksgiving with God's goodness, enduring mercy, and faithfulness across generations.

Reflect: What quality of God's character are you especially grateful for today?

02 Psalm 107:1

“O give thanks unto the LORD, for he is good: for his mercy endureth for ever.” (KJV)

This brief invitation gives gratitude a steady foundation: God's goodness is not temporary, and his mercy is not exhausted by our changing circumstances.

Reflect: When have you experienced mercy or kindness that helped you begin again?

03 1 Thessalonians 5:16–18

“Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” (KJV)

Paul places thanksgiving alongside joy and prayer. Giving thanks in every circumstance does not mean calling every circumstance good; it means staying connected to God within it.

Reflect: What could an honest, simple prayer of thanks sound like in your circumstances today?

04 Colossians 3:15–17

“Let the peace of God rule in your hearts ... and be ye thankful.” (KJV, selected excerpt, Colossians 3:15)

The surrounding verses describe a community shaped by Christ's peace, teaching, worship, and love. Gratitude becomes part of how we speak and act, not only a private feeling.

Reflect: How might thankfulness change one conversation or action you have today?

05 Philippians 4:6

“In every thing by prayer and supplication with thanksgiving let your requests be made known unto God.” (KJV, selected excerpt)

Thanksgiving can sit beside a real request. We do not have to hide worry or pretend everything is settled; we can bring our needs to God while also naming what we have received.

Reflect: What concern can you bring to God, and what gift can you name alongside it?

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SCRIPTURE FOR A THANKFUL HEART

Giving thanks in daily life

06 Psalm 136:1

“O give thanks unto the LORD; for he is good: for his mercy endureth for ever.” (KJV)

Psalm 136 repeats the refrain of God's enduring mercy. Repetition can help truth settle into our hearts, especially when our attention is pulled in many directions.

Reflect: Which sentence of thanks would you like to repeat as a steady reminder?

07 James 1:17

“Every good gift and every perfect gift is from above, and cometh down from the Father of lights.” (KJV, selected excerpt)

James turns our attention to the source of goodness. Ordinary gifts, unexpected help, and the people who care for us can become reminders of God's generous character.

Reflect: Name one good gift you might otherwise overlook, and consider its source.

08 Luke 17:15–16

“And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, and fell down on his face at his feet, giving him thanks.” (KJV)

The healed man returns to Jesus rather than simply moving on. His response shows gratitude as a relationship: he recognises the gift and turns back to the giver.

Reflect: Is there a blessing, answer, or kindness you want to pause and thank God for?

09 Psalm 28:7

“My heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.” (KJV, selected excerpt)

The psalmist describes God as strength and shield. Thankfulness here grows from trust and help received, and it finds expression in praise.

Reflect: Where have you received help, strength, or protection recently?

10 Ephesians 5:20

“Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.” (KJV)

This verse points to a life shaped by worship and gratitude. It is an invitation to keep returning to God with thanks, not a demand to deny pain or force a particular feeling.

Reflect: What is one way you could make thanksgiving part of an ordinary routine?

A three-minute gratitude practice

1. Be still for a moment and take a slow breath. 2. Name three specific gifts from today, large or small. 3. Thank God for each one, then consider one person you can encourage or thank.

A simple prayer of thanks

God of goodness, thank you for your faithful love and for the gifts I can see today. Help me remember your care in joyful moments and difficult ones. Teach me to receive with gratitude, to share generously, and to encourage others with kindness. Guide my heart towards you, one day at a time. In Jesus' name, amen.

You do not need perfect words. A sincere “thank you” is a meaningful beginning.

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