

GRRRRR ATTITUDE



7-Day Devotional: THAT'S MY SONG

Gratitude can be a powerful weapon in the life of a believer. This week, let's dive into the Psalms and other Scriptures to explore how gratitude can change our outlook, help us overcome negativity, and bring us closer to God. Let's learn to choose gratitude as the "song" of our lives, shaping our thoughts, actions, and worship.

Day 1: A Soul on Repeat – What's Playing in Your Heart?

Scripture

Psalm 6:6 - "I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears."

Scripture

Psalm 69:1-3 - "Save me, O God, for the waters have come up to my neck. I sink in the miry depths, where there is no foothold. I have come into the deep waters; the floods engulf me. I am worn out calling for help; my throat is parched. My eyes fail, looking for my God."

Scripture

Philippians 4:8 - "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Reflection

Just as we choose what's on repeat in our hearts, we're called to fill our minds with what is praiseworthy. Let gratitude be the song that plays in your soul.

Action: Reflect on Philippians 4:8 as you list three things you're grateful for.

Prayer: "Lord, help me to set my mind on things that bring peace and gratitude. Let this be my song today."

Day 2: Joyful Praise - A Song of Worship

1

Scripture

Psalm 100:1-5 - "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations."

2

Scripture

Hebrews 13:15 - "Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name."

3

Reflection

Praising God is more than just a moment; it's a lifestyle. As we continually offer praise, our gratitude deepens and becomes the foundation of our worship.

Action: Take a moment to praise God out loud, thanking Him for specific things He's done in your life.

Prayer: "Thank You, Lord, for the opportunity to praise You. May my lips continually sing of Your goodness."

Day 3: Worship Is the Overflow of Gratitude

Scripture

1 Thessalonians 5:16-18 - "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Scripture

Psalm 34:1 - "I will extol the Lord at all times; his praise will always be on my lips."

Reflection

Gratitude overflows into worship when we choose to praise God in every season. David reminds us to continually keep praise on our lips, letting thankfulness shape our daily lives.

Action: Set a reminder to praise God during the day, letting gratitude guide your thoughts and actions.

Prayer: "Lord, I choose to worship You in every moment. Let my heart overflow with gratitude that never fades."

Day 4: Finding God's Fingerprints in Everything

1

Scripture

John 11:41-43 - "So they took away the stone. Then Jesus looked up and said, 'Father, I thank you that you have heard me. I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me.' When he had said this, Jesus called in a loud voice, 'Lazarus, come out!'"

2

Scripture

Romans 8:28 - "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

3

Reflection

Gratitude helps us see God's hand, even in difficult times. Trusting that He works all things for good can bring peace and a thankful heart, even before the miracle.

Action: Reflect on how God has worked good from challenges in the past. Thank Him for His constant presence.

Prayer: "Father, thank You for working everything together for good. I trust that You are here, shaping my story."

Day 5: Gratitude's Power to Silence Negativity



Scripture

Colossians 4:2 - "Devote yourselves to prayer, being watchful and thankful."



Scripture

James 1:17 - "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows."



Reflection

When we remember that all good gifts come from God, gratitude silences complaints and envy. Counting these blessings reminds us of His unchanging goodness.

Action: List the good gifts God has given you today, thanking Him for each one.

Prayer: "Lord, thank You for every good gift. Help me see Your blessings instead of focusing on what I lack."

Day 6: Repetition of Praise - The Key to a Grateful Heart

1

Scripture

Psalm 100:4 - "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

2

Scripture

Psalm 118:24 - "This is the day that the Lord has made; let us rejoice and be glad in it."

3

Reflection

Each day is an opportunity to rejoice. Gratitude becomes a habit when we intentionally praise God, no matter the circumstances, seeing every day as a gift.

Action: Make it a goal to start each day with a declaration of thanks, rejoicing in the Lord's creation.

Prayer: "God, I thank You for this day You have made. Let gratitude be my song and my daily rhythm."

Day 7: Giving Out of Gratitude

Scripture	2 Corinthians 9:7 - "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."
Scripture	Proverbs 11:25 - "A generous person will prosper; whoever refreshes others will be refreshed."
Reflection	Gratitude and generosity go hand in hand. When we give, we reflect God's own heart of blessing, and as we refresh others, we ourselves are blessed.

Action: Find a way to give to someone today—whether it's time, resources, or a word of encouragement.

Prayer: "Lord, thank You for every blessing. Help me reflect Your generosity, giving from a grateful heart."

Closing Thought

Each day, let gratitude guide your thoughts, words, and actions. Let it be the song that fills your life, bringing you closer to God and blessing those around you.