

# gratitude **Guide**

Madison Yount  
@madison\_yount

# Copyright ©

Madison Yount, 2025

Do not reproduce without written permission from the author.

# Health Benefits

I love when science catches up with the Bible. The Bible is clear that we should be grateful and practice gratitude in every circumstance. Science is now proving the astounding health benefits of gratitude. Here are just a few of the benefits of practicing gratitude regularly:

- strengthens the immune system
- activates the parasympathetic nervous system
- activates and improves the function of the hypothalamus
- improves breathing
- improves neuromuscular disorders
- improves sleep quality and duration
- lowers cortisol
- regulates blood sugar
- improves dopamine and serotonin production
- reduces pain
- lowers inflammation
- decreases depression
- reduces stress and anxiety
- improves cardiovascular function
- creates emotional resilience
- lowers blood pressure
- improves heart rate variability
- strengthens relationships
- boosts happiness
- improves self esteem



# Biblical Precedent for Gratitude

Here are just a few verses on gratitude and giving thanks:

- 1 Thessalonians 5:18 — “*Give thanks in all circumstances*; for this is the *will of God* in Christ Jesus for you” (my emphasis).
  - We are called to give thanks IN all circumstances. It is literally the will of God for us to give thanks in everything.
- Philippians 4:6–7 — “Do not be anxious about anything, but *in everything* by prayer and supplication *with thanksgiving* let your requests be made known to God...” (my emphasis).
- Colossians 3:17 — “And whatever you do, in word or deed, *do everything* in the name of the Lord Jesus, giving thanks to God the Father through him.” (my emphasis)
- Ephesians 5:20 — “*Giving thanks always* and *for everything* to God the Father in the name of our Lord Jesus Christ” (my emphasis).
  - We are called to give thanks ALWAYS.
- Psalm 95:2 — “Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!”
- Psalm 107:1 — “Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!”
- Colossians 3:15 — “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”
- 1 Thessalonians 5:16 — “Rejoice always.”
- Colossians 1:12 — “and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light.”
- Colossians 2:27 — “rooted and built up in him, strengthened in the faith as you were taught, and *overflowing with thankfulness*.” (my emphasis)



# Ways to Practice Gratitude

Below are some of my favorite ways to practice and incorporate gratitude into your daily life. You will notice profound shifts in your spirit, body, and soul when you do this. Be sure to include the whole family so that you can raise your kids to practice gratitude too.

- Start and keep a gratitude journal. End every night by listing out everything you're grateful for that day.
- At meal times, go around the table and list what everyone is thankful for.
- Keep a gratitude jar. Have everyone write one thing they're grateful for and place it in the jar each day. On hard days or in hard moments, read what you wrote and have your kids read them.
- Place scriptures that discuss gratitude throughout your house, office, car, etc. to remind you to practice gratitude and meditate and memorize the scripture.
- Go for gratitude walks. Include your kids. List things you're grateful for or point out things on the walk that you see in God's creation that you're grateful for.
- Practice and model gratitude out loud by saying thank you and acknowledging those you're grateful for.
- Incorporate gratitude as part of your bedtime routine.
- Practice what I call "The Gratitude Switch": In hard moments, start listing everything you're grateful for out loud. When facing something frustrating, pause and find one hidden gift or lesson in it. Have your kids do the same and teach them to practice gratitude in hard moments.
- Send regular thank-you messages or notes to someone who's impacted your life. Have your kids write ones too.
- Write weekly thank-You letters to God.
- Take communion as a moment of remembrance and gratitude for the finished work of Christ.
- Practice gratitude first in prayer. Before making requests in prayer, spend a few minutes in worship and thanksgiving.
- Book end your day with gratitude as soon as you wake and as soon as you go to bed.
- Listen to worship music that postures your heart in gratitude like "Counting My Blessings" by Seph Schlueter.
- Rotate categories for gratitude: relationships, jobs, people, possessions, body, nature, time with God, etc.
- Reflect on how you saw or felt God throughout your day and thank Him for it. Perhaps you were late, but everyone else was late too. Perhaps your kids were fighting but ended up sharing a sweet moment of reconciliation. Perhaps you were having a hard day and opened up Instagram at the exact right time to see a post or a message you needed. Take the time to reflect on your day and where you saw God in it.

# Gratitude Prompts

Below are some prompts that you can incorporate in your gratitude journal or in conversations with your children.

- Something I'm thankful for that didn't go my way...
- A Bible verse I'm thankful for today...
- A name or attribute of God I'm praising today...
- Something God protected me from (seen or unseen)...
- A way God has provided for me recently...
- How I've seen God's goodness in this season...
- One thing I take for granted but am choosing to thank God for today is...
- What made me smile today?
- Something in nature I'm grateful for...
- A gift in my life that money can't buy...
- Something I've learned recently that I'm thankful for...
- A hard moment God used for good in my life...
- A prayer that's been answered recently (even partially)...
- A small moment today that reminded me of God's presence...
- A way my body served me today...
- A past season I now see as a blessing...
- A moment of joy my kids brought me...
- A moment of joy a friend or spouse brought me today...
- Someone I'm grateful for and why...
- A mentor or friend who has impacted me...
- A time someone extended grace to me...
- A lesson someone taught me that changed me...
- Someone I need to thank or encourage today...



# Scriptural Declarations

Declaring the word of God is so powerful. Below are some biblical and scriptural declarations that you and your kids can declare to keep your heart and mouth postured in gratitude.

- “I give thanks to the Lord, for He is good; His love endures forever.” — Psalm 107:1
- “I will bless the Lord at all times; His praise shall continually be in my mouth.” — Psalm 34:1
- “I rejoice always, pray continually, and give thanks in all circumstances.” — 1 Thessalonians 5:16–18
- “God has done great things for me, and I am filled with joy.” — Psalm 126:3
- “I am rooted and built up in Christ, established in the faith, and overflowing with thankfulness.” — Colossians 2:7
- “I am grateful because the Lord is my shepherd; I lack nothing.” — Psalm 23:1
- “Today, I choose to be content in all circumstances, for Christ gives me strength.” — Philippians 4:11–13
- “God’s faithfulness is new every morning; I will give thanks for His mercy.” — Lamentations 3:22–23
- “I will give thanks to the Lord with my whole heart; I will recount all of His wonderful deeds.” — Psalm 9:1
- “My heart overflows with gratitude because I am chosen, redeemed, and dearly loved by God.” — Ephesians 1:4–7
- “I live with a thankful heart because the peace of Christ rules in me.” — Colossians 3:15
- “Every good and perfect gift in my life comes from my Father above.” — James 1:17

