

## DAY 13 — GRATITUDE & PERSPECTIVE

**Scripture:**

**1 Thessalonians 5:18**

*Give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

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### **Devotional Reflection**

Gratitude shifts our focus from lack to abundance. When life feels heavy or uncertain, our natural tendency is to fixate on what is missing or unresolved. Scripture invites us to take a different posture — one that chooses gratitude not because circumstances are perfect, but because God is faithful.

Gratitude reshapes perspective. It does not deny difficulty, but it reframes it through trust. When we intentionally give thanks, we begin to notice God's presence, provision, and grace in places we may have previously overlooked. Gratitude softens the heart and opens our eyes to God's activity in everyday moments.

As we near the midpoint of this fast, gratitude becomes a powerful anchor. It reminds us how far God has already brought us and renews our confidence in where He is leading us. Gratitude quiets comparison, counters discouragement, and strengthens faith.

A grateful heart does not ignore challenges — it chooses to see God within them. Over time, gratitude cultivates contentment and joy, allowing our perspective to align more closely with God's truth.

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## **Fast Focus**

Today's Focus: Cultivating Gratitude

Practice:

- Pause throughout the day to acknowledge God's faithfulness.
  - Write down three things you are grateful for today.
  - Thank God for both seen and unseen blessings.
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## **Prayer**

"Thank You, Lord, for Your faithfulness. Help me see Your hand at work in my life and choose gratitude in every circumstance. Shape my perspective so my heart remains anchored in You. In Jesus' name, amen."

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## **Fast Tie-In**

Fasting creates sensitivity to God's provision. As hunger arises today, let it prompt gratitude for how God sustains, provides, and leads you.

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## **Reflection Question**

What am I grateful for today, and how does gratitude shift my perspective?