A HEART OF THANKSGIVING

5 DAYS THROUGH PSALM 100

THANKSGIVING IS MORE THAN A DAY.
IT'S A LIFESTYLE.

A Five-Day Devotional with
Pastor Meretta Nichols

VICTORY FAMILY CHURCH
BYRAM, MISSISSIPPI
WWW.VFCBYRAM.ORG

Heart of Thanksgiving

HOW TO USE

THIS DEVOTIONAL

SET ASIDE FIVE MINUTES EACH DAY TO:

- **READ** the Scripture.
- **RECEIVE** the revelation from God's Word.
- **REFLECT** on the Heart Check question.
- **RESPOND** through a practical faith action.
- **DECLARE** God's Word over your life.

Remember, we're not just preparing for Thanksgiving Day. We're developing a lifestyle of thanksgiving!

With love and prayers,

Pastor Meretta Nichols

Senior Pastor | Victory Family Church

www.vfcbyram.org

Heart of Thanksgiving

DAY ONE

CHOOSE JOY!

SCRIPTURE | PSALM 100:1 AMPC

"MAKE A joyful noise to the Lord, all you lands!"

TODAY'S WORD

Here's something I've learned: Joy is not the absence of problems. It's the result of knowing who our God is! Psalm 100 begins with a command to make a joyful noise unto the Lord. The Hebrew word rua (רוּעַ), associated with the command hari'u (הָרִיעוּ), means to shout or raise a joyful, triumphant sound. In other words, praise is not intended to remain silent! Notice that God doesn't tell us to wait until everything is going right before we praise Him. Life will present challenges, disappointments, and unexpected circumstances. But none of those things change who God is! I've learned that sometimes you have to praise God while you're still walking through the process. Don't allow what's happening around you to silence the praise that's supposed to come out of you!

TODAY'S REVELATION

My praise is not determined by my circumstances. It is anchored in God's unchanging character!

HEART CHECK

Have I allowed my circumstances to determine the level of my praise?

FAITH IN ACTION

Before asking God for anything today, take three minutes to praise Him aloud for who He is.

PRAYER & DECLARATION

Father, thank You for being good and faithful in every season. Renew my joy and strengthen my confidence in You.

I DECLARE: My circumstances will not silence my praise! I will choose joy and continually bless the Lord!

In Jesus' name, amen!

Further Study: Philippians 4:4; Habakkuk 3:17–19

Heart of Thanksgiving

DAY TWO

SERVE WITH GLADNESS!

SCRIPTURE | PSALM 100:2 AMPC

"Serve the Lord with gladness! Come before His presence with singing!"

TODAY'S WORD

It's possible to be doing the right thing with the wrong attitude! Psalm 100 reminds us that God is not only concerned about WHAT we do for Him, but also HOW we do it. The Hebrew word abad (עָבַד), translated serve, carries the meaning of working or serving and is also used in contexts of worship. This teaches us something powerful: Our service can become an expression of our worship! Whether we're serving in ministry, caring for family, working, or helping others, our attitude matters. But here's what I want you to remember: God never intended for our responsibilities to completely rob us of our joy. There will be demanding seasons. There will be moments when we're tired. But we must continually bring our hearts back into alignment with the One we're serving. Don't become so consumed with the assignment that you lose your joy in the One who assigned it!

TODAY'S REVELATION

I can serve faithfully without surrendering my gladness!

HEART CHECK

Am I serving with a grateful heart, or have I allowed frustration to overshadow my joy?

FAITH IN ACTION

Identify one responsibility you've been approaching with frustration. Ask God to renew your attitude and help you approach it with gratitude.

PRAYER & DECLARATION

Father, thank You for every opportunity to serve. Renew my strength, restore my joy, and help me honor You in everything I do.

I DECLARE: I will serve the Lord with gladness! My responsibilities will not cause me to lose sight of His goodness!

In Jesus' name, amen!

Further Study: Colossians 3:23–24; Romans 12:11

Heart of Thanksgiving

DAY THREE

KNOW WHO YOU BELONG TO!

SCRIPTURE | PSALM 100:3 AMPC

"Know (perceive, recognize, and understand with approval) that the Lord is God! It is He Who has made us, not we ourselves [and we are His]! We are His people and the sheep of His pasture."

TODAY'S WORD

Before you consider what you HAVE, what you DO, or what you've ACCOMPLISHED, remember WHOSE you are! The Hebrew word *yada* (יָדַע), translated *know*, means to know or recognize. In this verse, it calls us to acknowledge that the Lord is God. Notice the progression in Psalm 100:3. We are instructed to KNOW that He is God and to recognize that He made us and we belong to Him. Before we understand our assignment, we must understand our identity! You are not defined solely by your title, position, accomplishments, or the opinions of others. God is your Creator, your Shepherd, and your Source! And because you belong to Him, you can trust His leadership and depend on His care. Don't become so focused on what you're trying to accomplish that you forget the One who created you with purpose. Remember: You belong to God, and your life has meaning beyond what you produce!

TODAY'S REVELATION

Knowing WHOSE I am establishes confidence in WHO I am!

HEART CHECK

Am I finding my worth in what I do, or am I secure in who God says I am?

FAITH IN ACTION

Take a moment to recognize an area where you've been depending entirely on yourself. Acknowledge God as your Source and ask for His direction.

PRAYER & DECLARATION

Father, thank You for creating me with purpose and calling me Your own. Help me recognize Your authority and confidently follow Your leadership.

I DECLARE: I belong to God! He is my Creator, my Shepherd, and my Source. I will walk confidently in the purpose He has given me!

In Jesus' name, amen!

Further Study: Ephesians 2:10; John 10:27–29

Heart of Thanksgiving

DAY FOUR

BE THANKFUL AND SAY SO!

SCRIPTURE | PSALM 100:4 AMPC

"Enter into His gates with thanksgiving and a thank offering and into His courts with praise! Be thankful and say so to Him, bless and affectionately praise His name!"

TODAY'S WORD

Don't just FEEL thankful. EXPRESS your thanksgiving! I love how the Amplified Bible says, "Be thankful and say so to Him!" The Hebrew word todah (תּוֹדָה) means thanksgiving, praise, or a thank offering. This is significant because thanksgiving is not simply an internal feeling. It can be expressed through our words, worship, and giving. Sometimes we're so focused on what we're still believing God for that we forget to acknowledge what He's already done! But gratitude changes our perspective. When we intentionally remember God's goodness, we shift our attention from what we think is missing to the One who has faithfully sustained us. And remember, thanksgiving should influence more than what comes out of our mouths. It should also be evident in how we live and how we give. A thankful heart should produce a thankful response!

TODAY'S REVELATION

Thanksgiving is not just something I feel. It's something I intentionally express!

HEART CHECK

Have I been more focused on what I'm waiting for than what God has already done?

FAITH IN ACTION

Write down five things you're thankful for. Thank God aloud for each one, then demonstrate gratitude through an intentional act of kindness or generosity.

PRAYER & DECLARATION

Father, open my eyes to recognize Your goodness. Let gratitude fill my heart and influence my words, worship, and actions.

I DECLARE: I will not allow what I'm waiting for to make me forget what God has already done! I will be thankful and say so!

In Jesus' name, amen!

Further Study: Psalm 107:1–2; Hebrews 13:15–16

Heart of Thanksgiving

DAY FIVE

THE LORD IS GOOD!

SCRIPTURE | PSALM 100:5 AMPC

"For the Lord is good; His mercy and loving-kindness are everlasting, His faithfulness and truth endure to all generations."

TODAY'S WORD

God's goodness isn't seasonal, and His faithfulness doesn't have an expiration date! What a powerful way to conclude our five days in Psalm 100! We've learned to choose joy, serve with gladness, recognize who we belong to, and intentionally express thanksgiving. But here's what holds everything together. **THE LORD IS GOOD**! The Hebrew word chesed (חֶסֶד), reflected in the phrase "mercy and loving-kindness," communicates God's steadfast love, mercy, and covenant faithfulness. His goodness is not temporary. His mercy is not limited to one season. And His faithfulness doesn't end with our generation! I've learned that you can be walking through a difficult season and still testify that God is good. Why? Because circumstances change, but His character does not! As you reflect on your life, don't just remember what you've been through. Remember the God who has faithfully brought you through! And the same faithful God we serve today is worthy of the trust of generations yet to come.

TODAY'S REVELATION

My thanksgiving is anchored in God's goodness, everlasting mercy, and enduring faithfulness!

HEART CHECK

Am I measuring God's goodness by my present circumstances, or am I remembering His faithfulness throughout my life?

FAITH IN ACTION

Identify three ways God has demonstrated His faithfulness in your life. Share one testimony with someone who needs encouragement.

PRAYER & DECLARATION

Father, thank You for Your goodness, mercy, and faithfulness. Let my life continually testify of who You are.

I DECLARE: The Lord is good! His mercy is everlasting, and His faithfulness endures to all generations! My life will be a testimony of His goodness!

In Jesus' name, amen!

Further Study: Lamentations 3:22–23; Psalm 34:8

Heart of Thanksgiving

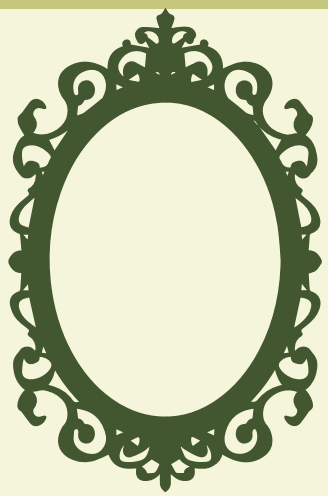
CLOSING REFLECTION

A LIFESTYLE OF THANKSGIVING

ONE PSALM. FIVE DAYS. A LIFETIME OF THANKSGIVING.

Over these five days, we've discovered that thanksgiving is not merely something we celebrate. It is a lifestyle we intentionally cultivate.

- **CHOOSE JOY!**
  My circumstances will not silence my praise.
- **SERVE WITH GLADNESS!**
  My service is an expression of worship.
- **KNOW WHO YOU BELONG TO!**
  My identity begins with my Creator.
- **BE THANKFUL AND SAY SO!**
  My gratitude should be intentionally expressed.
- **THE LORD IS GOOD!**
  My thanksgiving is anchored in His faithfulness.



TAKE A MOMENT TO REFLECT

1. What has God revealed to me about my heart and attitude during these five days?

2. What one change will I make to cultivate a lifestyle of thanksgiving?

3. What testimony of God's faithfulness do I want to share with others?

Heart of Thanksgiving
MY PERSONAL DECLARATION

I will choose joy, serve with gladness, remember who I belong to, and intentionally express thanksgiving.

I will not allow changing circumstances to cause me to forget God's unchanging character.

I will live with a heart of thanksgiving, not just during a season, but every day of my life!

THE LORD IS GOOD! HIS MERCY IS EVERLASTING, AND HIS FAITHFULNESS ENDURES TO ALL GENERATIONS!

A FINAL WORD FROM PASTOR MERETTA

My prayer is that you won't simply finish this devotional and move on. I pray that the Word we've studied will remain in your heart and become evident in your everyday life. Keep choosing joy. Keep serving with gladness. Keep remembering whose you are. Keep expressing your thanksgiving. And above all, never forget that the Lord is good!

With love and prayers,

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