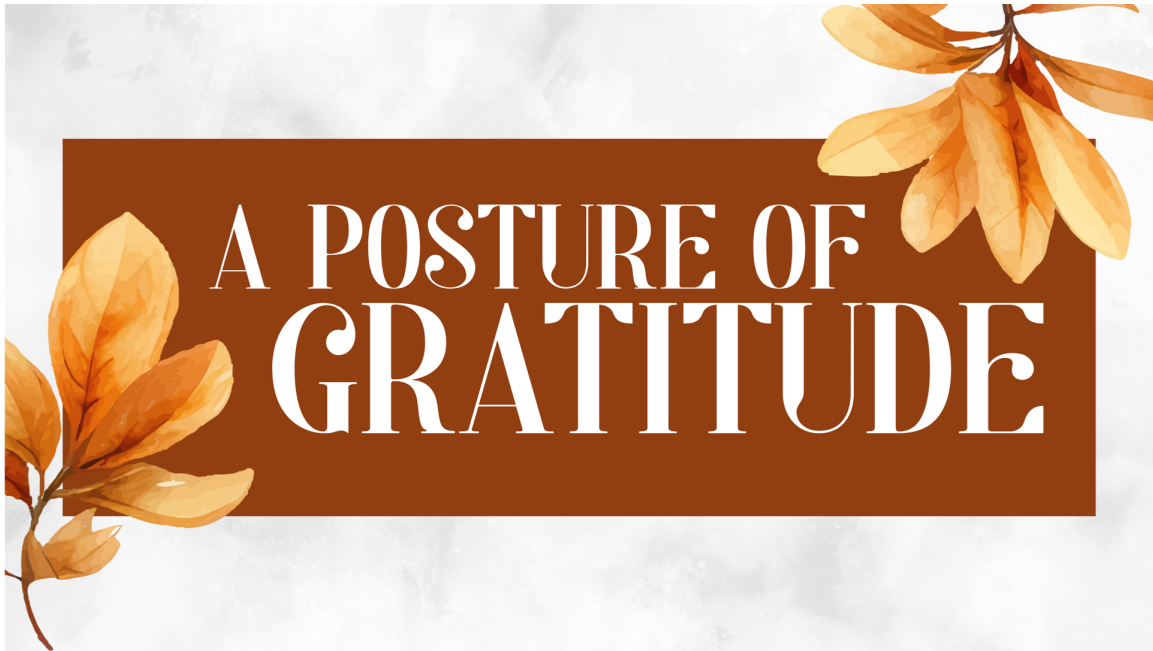


**5-Day Devotional
based on Sunday's message:**



GIVE GOD THE THANKS
Part 1: A Posture of Gratitude
Psalms 100:1-5

Provided by



AKRON GRACE CHURCH
101 N. 7th Street, Akron PA
www.akrongrace.com

Listen to the full message on our YouTube channel:
www.youtube.com/@akrongracechurch6363

Psalm 100: 1-5

Shout with joy to the LORD, all the earth! Worship the LORD with gladness. Come before him, singing with joy. Acknowledge that the LORD is God! He made us, and we are his. We are his people, the sheep of his pasture. Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. For the LORD is good. His unfailing love continues forever, and his faithfulness continues to each generation.

Day 1: When Emotions Feel Like Everything

Devotional

Have you ever noticed how your emotions seem to color everything around you? When you're having a rough day, even innocent comments from friends can feel like personal attacks. When you're in a good mood, you find yourself being more patient with that slow driver or more understanding when someone makes a mistake. Our emotions are powerful, but they don't have to be permanent. Too often, we treat our feelings like they're fixed addresses where we live, rather than temporary weather patterns that will eventually pass. When sadness settles in, we assume it's our new normal. When anxiety grips us, we forget that peace is possible. The beautiful truth is that our emotions, while real and valid, don't have to dictate our reality. They're experiences we move through, not identities we're stuck with. Just like a storm doesn't last forever, neither do our most difficult emotional seasons. This week, we're going to discover how gratitude can become an anchor in the midst of emotional storms. Not because we ignore our feelings, but because we learn to respond to them from a place of truth rather than being controlled by them. Your emotions matter to God, but they don't define your relationship with Him or determine your worth.

Bible Verse

'Shout with joy to the LORD, all the earth! Worship the LORD with gladness. Come before him, singing with joy.' - Psalm 100:1-2

Reflection Question

What emotions have you been treating as permanent places of living rather than temporary experiences? How might viewing them differently change your perspective today?

Quote

It's kind of impossible to dress your character and emotions with an attitude of gratitude when you're feeling these ways. Especially when we treat our emotions as if they're these permanent places of living rather than momentary experiences.

Prayer

God, thank You that my emotions don't surprise You or overwhelm You. Help me to remember that what I'm feeling today doesn't have to define tomorrow. Give me wisdom to experience my emotions without being controlled by them. Amen.

Day 2: Worship Beyond Your Feelings

Devotional

There's something revolutionary about choosing to worship when you don't feel like it. Not because your feelings don't matter, but because worship isn't dependent on your emotional state. Worship is based on who God is. If worship only happened when we felt happy, most of us would rarely worship at all. Life is messy, circumstances change, and emotions fluctuate. However, God remains constant. His character doesn't shift with our moods, and His love doesn't depend on our feelings. When we choose to worship Him regardless of our circumstances, something beautiful happens. We're reminded that our feelings, while real, aren't the ultimate truth about our situation. The ultimate truth is that we have a God who is good, faithful, and present with us in every season. This doesn't mean we fake happiness or pretend everything is fine. It means we acknowledge our emotions while choosing to focus on the unchanging character of God. We can be honest about our struggles while still declaring His goodness. We can feel overwhelmed while still trusting His control. Worshiping beyond our feelings isn't about denial, but about perspective. It's choosing to see our temporary emotions in light of God's eternal faithfulness.

Bible Verse

'Jesus Christ is the same yesterday, today, and forever.' - Hebrews 13:8

Reflection Question

How might your perspective on current challenges change if you focused more on God's unchanging character than on your changing emotions?

Quote

We are not controlled by emotions. Instead, we can give them to the one who controls all things. We can choose to worship because of the reality of who God is.

Prayer

Lord, when my emotions feel overwhelming, remind me that You remain constant. Help me to worship You not because of how I feel, but because of who You are. Give me strength to praise You in every season. Amen.

.

Day 3: Remembering Who You Are

Devotional

In a world that constantly asks you to prove your worth, there's incredible freedom in remembering that you didn't create yourself. You are not your own creation. You are God's masterpiece, carefully formed and deeply loved. When anxiety whispers that you're not enough, remember that God breathed life into you. When depression tells you that you don't matter, remember that you are the sheep of His pasture. When circumstances make you feel forgotten, remember that you belong to the Good Shepherd who knows you by name. This isn't just positive thinking. This is identity rooted in truth. You don't have to earn your place in God's family or work to maintain His love. You don't have to perform to be accepted or achieve to be valued. Your worth was established the moment God chose to create you and was secured forever when Jesus chose to die for you. Knowing who you are changes how you respond to life's challenges. Instead of being tossed around by every criticism or circumstance, you can stand firm in the truth of your identity. You are chosen, loved, and secure in Him. This knowledge doesn't eliminate difficult emotions, but it provides a foundation that can't be shaken. When everything else feels uncertain, this truth remains that you are His, and that is very good news.

Bible Verse

'Acknowledge that the LORD is God! He made us, and we are his. We are his people, the sheep of his pasture.' - Psalm 100:3

Reflection Question

In what areas of your life do you struggle to believe that you are truly loved and accepted by God? What would change if you fully embraced this truth?

Quote

You are not your own creation, and the Creator is calling you near through faith. You are His and that's good news.

Prayer

Father, thank You for creating me and calling me Your own. When I forget my worth, remind me that I am Yours. Help me to live from the security of Your love rather than striving to earn it. Amen.

Day 4: Access Granted

Devotional

Imagine having unlimited access to the most powerful, loving, and wise person in the universe at anytime, anywhere, and about anything. That's exactly what you have through Jesus. When Jesus died on the cross, something extraordinary happened. The thick curtain in the temple that separated people from God's presence was torn in two from top to bottom. This wasn't just fabric ripping. It was God declaring that the barrier between Him and humanity was gone forever. Before Jesus, only the high priest could enter God's presence and only once a year. Now, because of what Jesus accomplished, you can boldly approach God's throne anytime you need grace, help, or simply want to be near Him. You don't need a special building, a perfect prayer, or a spotless record. You just need faith in what Jesus has already done. This changes everything about how we handle our emotions and circumstances. When anxiety hits, you have immediate access to the Prince of Peace. When loneliness creeps in, you can run to the God who promises never to leave you. When gratitude fills your heart, you can pour it out to the One who deserves all praise. You're not on the outside looking in. You're invited into the very presence of God. That invitation isn't based on your performance. It's based on Jesus' perfect sacrifice.

Bible Verse

'Then Jesus shouted out again, and he released his spirit. At that moment the curtain in the sanctuary of the Temple was torn in two, from top to bottom. The earth shook, rocks split apart' - Matthew 27:50-51

Reflection Question

How does knowing you have unlimited access to God's presence change the way you want to approach Him with your current struggles and joys?

Quote

Because of Jesus, the presence of God is not confined to a building. Just as our Jewish counterparts of faith took to the temple in times past to be in God's presence, we can all now, through faith, know that through a trust in Him, in Jesus, that we can enter in the presence of God anywhere and anytime.

Prayer

Jesus, thank You for tearing down every barrier between me and God. Help me to remember that I can come to You anytime, anywhere, with anything. Give me boldness to approach Your throne with confidence. Amen.

Day 5: Gratitude That Overflows

Devotional

There's something beautiful that happens when gratitude moves from being a private feeling to becoming a shared testimony. When we recognize God's goodness in our lives, it naturally wants to spill over into the lives of others. Your story of God's faithfulness isn't just for you. It's meant to encourage others who are walking through their own difficult seasons. When you share how God has been good to you, you're not bragging about your life, but pointing others to the source of all good things. This is how gratitude becomes contagious. When someone hears how God provided for you in a time of need, it builds their faith for their own situation. When you share how God's peace sustained you through anxiety, it gives hope to someone currently struggling with worry. Your testimony becomes a gift to others. As we close this week of focusing on gratitude, remember that thankfulness isn't meant to be a solo journey. We're called to share Him. We are called to let our gratitude become proclamation and our praise become testimony. When we do this, we join something much bigger than ourselves. We join the worship that's already happening in heaven. May your gratitude shape your steps this week. May thankfulness rise in your words and decisions. May you recognize His goodness in places you usually overlook because His love never stops and His faithfulness reaches farther than you could ever see.

Bible Verse

'Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit.' - Matthew 28:19

Reflection Question

Who in your life needs to hear about God's goodness and faithfulness? How can you share your testimony of His love with them this week?

Quote

Gratitude becomes testimony, praise becomes proclamation. When we worship and when we share him, we step into something much bigger than ourselves. The worship already happening in heaven. We get to join.

Prayer

God, thank You for all the ways You've been faithful in my life. Give me opportunities to share Your goodness with others, and help my gratitude become a testimony that points people to You. May my life overflow with thankfulness. Amen.