

GRATITUDE



READY:

“Give thanks in everything, for this is God’s will for you in Christ Jesus.”

-1 Thessalonians 5:18

SET:

Gratitude isn’t just for when things are going well—it’s a mindset that sees God’s goodness in all seasons. On a team, a spirit of thankfulness changes everything. It turns complaining into encouragement. It shifts focus from what’s missing to what’s already been given. Grateful athletes are grounded, generous, and more aware of the people around them. Their presence brings peace and perspective.

It’s easy to overlook the gifts we have—our health, coaches, teammates, or even just the chance to play. But when we practice gratitude, we grow content and strong. Gratitude isn’t about ignoring hard things—it’s about noticing how God is working in the middle of them. When athletes lead with thankfulness, they lift the entire team.

1 Thessalonians 5:18 challenges us to give thanks in everything—not for everything, but in the middle of it. Gratitude isn’t a feeling; it’s a choice. And when we choose it, we walk in God’s will and reflect His heart to the world.

GO:

1. What’s one thing about your current season you’ve taken for granted that you can start giving thanks for?
2. How does practicing gratitude help you grow closer to God in everyday moments?

OVERTIME

God, thank You for every opportunity, every lesson, and every person You’ve placed in my life. Teach me to see the good in each day and to lead with thankfulness—even when things are hard. Let my gratitude reflect how much I trust and love You. Amen.

