

“In the midst of a season filled with so much difficulty, gratitude has seemed like an impossible ask. And yet, as I read through these pages, I found my heart encouraged and convicted by Allison’s gentle, biblical, and real-life counsel—showing us that gratitude isn’t just about “thinking positive” but that it’s a posture of the heart that impacts every facet of the Christian life.”

SARAH WALTON, *Coauthor, Hope When It Hurts, Together through the Storms, and He Gives More Grace*

“In her new book, *Grateful: 30 Days of Growing in Thankfulness*, my friend and the author Allison Brost dives into the complexities of acknowledging the challenging, discouraging, and messy moments in life, all while still positioning ourselves before the Lord in gratitude and thanksgiving for all that he has done and all he will still do, as we surrender our lives to his will and his way. Through her own grief and personal trials, Allison has built her life on the immovable truth of God’s goodness. Her continual desire to posture herself before God with a grateful heart will be inspiring to all her readers.”

TABITHA YATES, *Author, Jesus and Therapy; Writer at The Redeemed Mama*

“The pain and suffering that give Allison Brost every reason to grumble are what make her the perfect voice to exhort readers to be grateful. At no point will they think, “Easy for her to say,” because none of this is. Allison has tilled and toiled to cultivate gratitude in her own life and offers this book as a gardening guide to help others grow in gratefulness as well. Her action steps at the end of each devotion artfully allow for immediate application without encouraging self-reliance. As she writes, “It takes intentionality to grow gratefully,” and, with the help of the Master Gardener, *Grateful* is precisely the tool you need to do it.”

ABBIE WEDGEWORTH, *Author, Held and the Training Young Hearts series*

“In *Grateful*, Allison leads us to cultivate a thankful heart even in this imperfect life. She teaches us to practice gratitude every day, no matter what it brings. She doesn’t shy away from the hard stuff of this life but instead points us to Scripture and teaches us to seek things to be grateful for right in the midst of it.”

KELSEY SCISM, *Author, One Year with Jesus: A Weekly Devotional Journal for Middle School Girls*

“Allison Brost doesn’t claim to have perfected what it means to live a life of gratitude; but with refreshing authenticity and a humble posture, she uses God’s word to challenge readers to pause, reflect, and take actionable steps to begin growing in thankfulness.”

JESSIKA SANDERS, *Coauthor, In His Hands; Executive Director, Praying Through Ministries*

“I found that these short and simple reflections really resonated with me and stirred my heart to thank God. These chapters revealed how much more God has been doing than I was aware of! A precious little book that will do your heart good.”

LINDA ALLCOCK, *Author, Deeper Still*

“In *Grateful*, Allison opens our eyes to the goodness of God despite our circumstances. Through relatable stories and practical guidance, Allison takes her readers lovingly by the heart and leads them to experience true, lasting gratitude in the Lord.”

AMBER PALMER, *Writer at My Jars of Clay*

Grateful

30 DAYS OF GROWING
IN THANKFULNESS

The logo for The Good Book Company features the text "thegoodbook" in a lowercase, sans-serif font. A thin, curved line arches over the word "good". Below "thegoodbook", the word "COMPANY" is written in a smaller, all-caps, sans-serif font.

thegoodbook
COMPANY

Grateful

30 DAYS OF GROWING
IN THANKFULNESS



ALLISON BROST

Grateful
30 Days of Growing in Thankfulness

© Allison Brost, 2025

Published by:
The Good Book Company



thegoodbook.com | thegoodbook.co.uk
thegoodbook.com.au | thegoodbook.co.nz | thegoodbook.co.in

Unless otherwise indicated, Scripture quotations are from The Holy Bible, English Standard Version (ESV), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. Emphasis added is the author's own.

All rights reserved. Except as may be permitted by the Copyright Act, no part of this publication may be reproduced in any form or by any means without prior permission from the publisher.

Allison Brost has asserted her right under the Copyright, Designs and Patents Act 1988 to be identified as author of this work.

Cover design by Jennifer Phelps | Design and art direction by André Parker

ISBN: 9781802541311 | JOB-007973 | Printed in India

*To my children, for whom I'm so immensely thankful.
I pray I can leave an example, albeit imperfectly,
of living gratefully.*

Contents

Tending the Soil: Cultivating the Good Ground of Gratefulness

- | | |
|-------------------------------|----|
| 1. God, I Don't Feel Grateful | 13 |
| 2. The Choice | 17 |
| 3. Opening the Gift | 21 |
| 4. Everyday Emmanuel | 25 |
| 5. Sweet Surrender | 29 |

Planting the Seeds: Sowing Thoughts of Thanksgiving

- | | |
|-------------------------------------|----|
| 6. Think on These Things | 35 |
| 7. Capturing Thoughts | 39 |
| 8. A Heart of Praise | 43 |
| 9. Suffering from Spiritual Amnesia | 47 |

Putting down Roots: Growing Gratitude from Head to Heart

- | | |
|-------------------------|----|
| 10. God-Grown Gratitude | 53 |
| 11. The Slow Grow | 57 |
| 12. Pulling Up Weeds | 61 |
| 13. So Long Fear | 65 |

14. Thanks-Fueled Prayer	69
15. Contentment	73
16. Taste and See	77
17. In the Waiting	81
<i>Beginning to Bud: Trusting in God the Gardener</i>	
18. All For Jesus	87
19. The Invitation to Peace	91
20. Our Great God	95
21. The Good Gardener	99
22. Freedom	103
<i>Bringing in the Harvest: Receiving the Blessings God Gives to Every Believer</i>	
23. Joy Really is Jesus	109
24. All Things Beautiful	113
25. God's Words	117
26. The Blessing of the Body	121
27. The Truth about Fruitfulness	125
28. The Comforter	129
29. Eternity	133
30. Ultimately, Hope	137
Acknowledgments	141
Gratitude Journal	145

Tending the Soil



**CULTIVATING THE GOOD GROUND
OF GRATITUDE**

1

God, I Don't Feel Grateful

*“But I have trusted in your steadfast love;
my heart shall rejoice in your salvation.”*

PSALM 13:5

First, I'll admit—writing about gratefulness is intimidating. It's almost like attempting to unlock the secrets behind a successful marriage or sharing the formula to stress-free parenting. I start by wondering whether it's even humanly possible. And then the moment I begin to feel as though I have a thing or two about marriage or parenting figured out, my children or spouse (or just as easily myself!) demonstrate how frail and flawed we humans really are. It's humbling, to say the least.

As I was commiserating with a friend about this, she gently reminded me that maybe this was exactly the attitude I *should* have when writing about this. If I thought I had it all figured out, would that really be glorifying God?

And so it's from this place that I write to you. As a fellow friend who's down in the trenches—fighting the five o'clock frustration when dinner needs to be on the table again and my

well-intentioned plans are still a solid block of ice in the back of the freezer, slipping into impatience more easily than calm, and routinely giving into grumbling over glorifying.

The truth is, I don't always feel grateful. And if that's you too, well, I want you to know you're welcome here. I don't know your story, but if you've walked around this broken-down world any length of time, I'm guessing you've experienced your own share of heartaches: strained relationships, tense family dynamics, tight finances... The list could go on and on. Sometimes the things we face in life can make it feel a whole lot easier to give up than give thanks.

Over these chapters, we're going to discover some of the ways we can grow gratefully, uncovering what Scripture says about the power of our thoughts, the importance of focusing on what is true and lovely, and the unshakable truths that point us toward praise for our Creator.

But before we get there, I think it's important that we start here—with honesty. One of the reasons why the Psalms are so special to me is because of the way in which they show the psalmists' humanity. Psalm 13 begins with such a spirit of vulnerability as the writer, David, cries out to God, "How long, O LORD? Will you forget me forever?" Then he goes on in verse 3, "Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death."

This doesn't sound much like a recipe for thankfulness, does it? But stick with me here for a moment as we pick up in verses 5-6: "But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the LORD, because he has dealt bountifully with me." Hear the turnaround David goes through during this passage. Can you sense the profound change from a spirit of discouragement and disappointment to one of trust and, yes, even joy? What is it that causes this seismic shift?

It's simply this: *he brought his thoughts and feelings to God.*

If you're going through something heavy and the last thing you feel is grateful or if you just sense a spiritual dullness about your days, this is where I want to encourage you to start. Begin by telling God exactly how you're feeling. Share with him the deepest worries and weariness of your heart. Lay down your hardest questions and heaviest concerns at his feet. God can handle it *all*.

Being grateful doesn't mean being dishonest about how we feel or hiding what we're going through—it starts with wholeheartedly surrendering it all to him.

Friend, I believe the hard or unexciting parts of your story don't need to lead to a lackluster faith or a downward spiral into discouragement. Perhaps they will actually prove to be the starting point for something so much better—the birthplace of a life that God is growing beautifully grateful.

Cultivate

Come before God with unfiltered honesty; tell him exactly where and how you are struggling to feel thankful. Invite God into these spaces as we begin this 30-day journey. Ask him to breathe new life into what's been broken or dulled and thank him for his promise of renewal.

2

The Choice

*“Oh give thanks to the LORD, for he is good;
for his steadfast love endures forever!”*

1 CHRONICLES 16:34

It was our church’s Thanksgiving Day dinner and the entire sanctuary was brimming—row after row of tables filled with guests, volunteers serving platefuls of food, and a sectioned-off area full of toys for antsy little ones.

Just a few weeks prior, one of the pastors approached my husband to ask whether we might speak at the event. When my husband told me, I gulped. And then I quickly began contemplating all the ways I could tell them no without sounding rude. They wanted *us* to speak?

As I debated over what we could even say, I found myself bogged down with a list of hard realities that felt challenging to sum up and equally difficult to share with a sense of hope. What on earth did we know about gratitude? But slowly God began to meet my misgivings with these words from 1 Thessalonians 5:18: “In everything give thanks” (NKJV).

The words gave me pause. Could that verse really mean

what I thought it said? In the middle of disappointments and everyday inconveniences and circumstances that seemed downright wrong... to give thanks? Not just in the good times or the moments that made sense but in *everything*?

I'd heard this verse many times growing up, but it was one I'd always encountered with a heavy dose of hesitation. I mean, how could I live this way in any practical sense? And how on earth could these words be an encouragement rather than a reminder of all the ways in which I missed the mark?

But in the weeks leading up to that Thanksgiving meal, God began challenging me with this reminder—giving thanks isn't about my *feelings*; it's about *faith*. 1 Chronicles 16:34 is such a powerful reminder of this truth. It says, "Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!"

In the midst of minor irritations and mundane frustrations—*he is good*. In personal disappointments and general discouragements—*his steadfast love endures forever*. Whatever we may be facing, the foundation of gratitude remains firm on these unchangeable truths: *God is good and his steadfast love endures forever*.

This is where I've oftentimes become confused; I've tended to believe that unless I'm *feeling* grateful, I can't *give* thanks—that unless my mind is swarming with happy thoughts and I cease to struggle with grumbling, I'm simply failing at growing in gratitude. But notice here what 1 Thessalonians 5:18 doesn't say. It never tells us that we always have to *feel* thankful. It doesn't tell us to write down ten things we're grateful for each day or remind us to count our blessings more than our burdens, although these can both be beneficial habits. Instead, we're simply commanded to *give thanks*.

You see, God knows that giving thanks may not always fit with how we feel in the moment. At times, it might even feel fake or inconsistent with what we're walking through.

However, all that giving thanks requires is simply *obedience*.

Maybe this does mean taking time to create a list and actively acknowledging things you're thankful for each day. Perhaps it means being aware of critical thoughts and consciously combating complaints with words of gratitude. Or maybe it simply means giving thanks for each small thing as you go about your day. Let God lead you in his grace.

More than an emotion, gratitude is an *invitation*. It's an opportunity to place our trust and hope in God over anything else we may be experiencing in the moment. Having gone through some intense seasons of suffering in my own life, I know this isn't easy. But perhaps it makes thanksgiving that much more important. When our lives are surrounded by things that don't seem to fit with God's goodness, we can still choose the faith-building act of giving thanks, remembering that as believers we "walk by faith, not by sight" (2 Corinthians 5:7).

Gratitude may not always be something we *feel* but may it always, always be something we *choose*.

Cultivate

Take some time today to personalize those words of 1 Thessalonians 5:18. What situation can you decide to thank God for, even if your feelings don't match up? Find a journal, open up the notes app in your phone or use the space at the back of this book and jot down a prayer, to tell God how even in this you will give him thanks.

