The Harness Devotional

2 November – 7 November, 2026

Thanksgiving

Scripture: Psalm 100:1-5

"Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. 4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations." (NIV)

Song of the Week: Gratitude" by Brandon Lake

"Gratitude" by Brandon Lake is a heartfelt song of worship that expresses deep thankfulness to God for His goodness, faithfulness, and unfailing love. It reminds us that even when words seem inadequate, we can offer God our praise with a grateful heart, giving Him all the honor and glory He deserves.

Monday, Day 1: Entering His Gates with Joy

Scripture: Psalm 100:1–2. "Make a joyful shout to the Lord, all you lands! Serve the Lord with gladness; come before His presence with singing."

Devotional Thought: Gratitude is not merely a polite reaction after we get what we want; it is the very door through which we enter God's presence. Psalm 100 does not tell us to wait until conditions are perfect before we sing. It invites us to make a joyful noise right where we are. When you bring gladness to God, you shift your focus from what is missing to the One who is present.

Reflection Question: What one area of your life can you choose a joyful shout instead of a quiet complaint today?

Action Step: Start your morning by listing three small, everyday gifts in front of you (e.g., breath, shelter, clean water) and thank God out loud.

Tuesday, Day 2: Knowing He Is God

Scripture: Psalm 100:3. "Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture."

Devotional Thought: True thankfulness starts with identity—knowing who God is and whose you are. When life feels chaotic or out of control, we often scramble to play God over our own circumstances. Remembering that *He* is God, and you are His cared-for sheep, takes the heavy weight of self-reliance off your shoulders. You do not have to manage the universe today; you just have to trust your Shepherd.

Reflection Question: Where are you trying to carry control that belongs in God's hands?

Action Step: Write down: *"The Lord is God, and I belong to Him."* Read it whenever anxiety creeps in.

Wednesday, Day 3: A Vow to Bless His Name

Scripture: Psalm 100:4. "Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name."

Devotional Thought: Thanksgiving is the gateway, and praise is the courtyard. To "bless His name" means to speak well of God's character regardless of the weather. Seasons change—winters turn to springs, and hard days follow smooth ones—but His name remains good, steady, and worthy.

Reflection Question: How does remembering God's past faithfulness change how you view your present season?

Action Step: Take 5 minutes to write a short "gratitude psalm" of your own, listing specific ways God has been faithful to you this year.

Thursday, Day 4: His Unfailing Love Endures

Scripture: Psalm 100:5. "For the Lord is good; His mercy is everlasting, and His truth endures to all generations."

Devotional Thought: Gratitude has a secure anchor: God's goodness does not expire. Feelings fluctuate with our health, finances, and relationships, but His mercy (Hb. *chesed*, or steadfast love) is everlasting. Because His love spans generations, you are standing on a foundation built long before you arrived and lasting long after you're gone.

Reflection Question: Which aspect of God's character (His goodness, His mercy, or His truth) do you need to lean on most right now?

Action Step: Share a story of God's faithfulness with a friend or family member today

Friday, Day 5: Giving Thanks in *All* Circumstances

Scripture: 1 Thessalonians 5:18. "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Devotional Thought: Notice the preposition: God calls us to give thanks *in* all circumstances, not necessarily *for* every painful or broken thing. He doesn't ask us to fake a smile or pretend grief isn't real. Instead, He invites us to look past the storm and find His active grace right in the middle of it. Being "in Christ Jesus" means we share His perspective—one that sees hope even when the path is dark.

Reflection Question: What hard circumstance are you carrying, and what is one small grace or truth you can thank God for right beside it?

Action Step: Turn a current burden into a brief prayer: *"Lord, I don't thank You for this pain, but I thank You that You are with me in it."*

Saturday, Day 6: Cultivating a Year-Round Harvest

Scripture: Psalm 100 & 1 Thessalonians 5:16–18. "Rejoice always, pray without ceasing, give thanks in all circumstances..."

Devotional Thought: Gratitude is not a seasonal holiday decoration you pack away after November; it is a spiritual discipline and a daily posture. Just as gardeners water their plants daily, we cultivate a grateful heart through daily practice. When gratitude becomes your baseline rhythm, it transforms how you weather every season of life—summer joy, autumn transition, winter chill, and spring renewal.

Reflection Question: What daily habit can you keep from this week to ensure gratitude stays central in your routine?

Action Step: Read more insights on maintaining a continuous posture of praise.