

Rhythms of Grace – Gratitude: The Outward Response

4 Oct 2026

Harvest Sunday invites us to pause and remember that everything we have is ultimately received. The food we eat, the work we do, the people we know, the resources we enjoy and even the breath in our lungs are gifts from God.

Reflect

Psalm 65

The Psalm begins with praise because God is the one who hears prayer, forgives our transgressions, brings hope and provides for his creation.

It celebrates God's sovereignty and power in creation (Psalm 65:6–8a):

who formed the mountains by your power,
having armed yourself with strength,
who stilled the roaring of the seas,
the roaring of their waves,
and the turmoil of the nations.
The whole earth is filled with awe at God's wonders.

It celebrates God's care and providence (Psalm 65:9–13):

You care for the land and water it;
you enrich it abundantly.
The streams of God are filled with water
to provide the people with grain,
for so you have ordained it.
You drench its furrows and level its ridges;
you soften it with showers and bless its crops.
You crown the year with your bounty...

The picture is of a generous God whose provision extends throughout creation. The harvest itself becomes a testimony to God's goodness.

2 Corinthians 9:6–11

Paul picks up this same theme in 2 Corinthians 9.

He reminds the Christians in Corinth that God is able to provide abundantly for them: *“You will be enriched in every way so that you can be generous on every occasion.”*

Notice the direction of God's grace: God gives to us, and his gifts are intended to flow through us.

This is at the heart of Christian gratitude. Gratitude is more than saying, “Thank you, God,” for what we have. It is recognising that what we have is a gift, then allowing that recognition to change the way we live.

Respond

- What have I received from God that I have begun to take for granted?
- Who might God be inviting me to bless with what I have received?

Gracious God,

Thank you for all that you have given me:
for the gift of creation, for the people around me,
for the food I receive, and for every good thing I enjoy.

Forgive me when I take your gifts for granted
or hold too tightly to what you have entrusted to me.

Today, I dedicate myself and all that I have to you.
Teach me to receive your gifts with gratitude
and to share them with generosity.