

Bimbo Ilori

Grate fulness

Turn little Gains into Memorable Milestones



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Dedication

To the Giver of all good gifts, my Heavenly Father,
this book is a fragrant offering of thanks.

To my husband and children, whose love, progress,
and presence are daily miracles.

To every heart that chooses gratitude even in hard
places, you inspire this message.

Acknowledgment

I deeply appreciate my family, mentors, and friends who constantly water my gratitude garden with encouragement and love.

Thank you to my team and readers who believe in my voice and journey.

This book is a product of your impact, and I am forever grateful.

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Introduction

A Life Woven with Gratitude

Gratefulness is not a one-time act, a reaction to a gift, or a response to a breakthrough. It is a lifestyle. It is the lens through which I choose to see life, the rhythm with which I walk through seasons, and the fragrance I deliberately release into every space I enter. Over the years, I have come to understand that gratitude is not merely about what I receive. It is about the meaning I assign, the mindfulness I maintain, and the memory I keep alive.

This book was born out of reflection. I realized I had been recording thanksgiving points, sometimes small, sometimes grand, and the more I penned them down, the more I saw how God had moved, surrounded, preserved, and progressed me. I began to recognize the beauty of little gains. What others may pass off as “normal” or “not enough,” I began to celebrate. It was in this consistent act of acknowledgment that I discovered the secret to turning little gains into memorable milestones.

I will give thanks to the Lord with my whole heart. I will recount all of your wonderful deeds. Psalms 9:1 ESV.

This is not just about saying thank you. It is a deliberate recounting, a spiritual habit that builds memory and magnifies God's faithfulness.

Gratefulness, to me, is like a garage where I store evidence of God's faithfulness. A garden where thanksgiving blossoms. A gallery of divine encounters and human kindness. A garment I wear daily, visible, comforting, and distinguishing. It is a gateway. An entry point into the supernatural realm where peace abounds and joy flows. Gratefulness has become my mobile home, traveling with me into every dimension of life.

In everything give thanks, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18 NIV.

Not after everything, not only when the result is in your favor, but in everything. This means in waiting, in winning, in warfare, in stillness, and in storms.

This book is not a theoretical guide. It is a living, breathing expression of my heart. A documentation of my journey, and a celebration of what is often overlooked. From family, business, nation, and friends to spiritual growth, this book will take you through my gratitude pathways and, I believe, inspire you to chart your own.

That I may publish with the voice of thanksgiving and tell of all thy wondrous works. Psalms 26:7

That is the heart of this book. To publish gratitude.
To record it. To declare it boldly and continually.

Whether you are in the valley or on the mountain,
whether your basket is full or you are waiting for rain,
this is an invitation. Live thankfully. Learn to say, “I
choose see what You have done, Lord, and I am
grateful.”

Let us walk this road together, one thankful step at a
time.

Chapter One

The Gratitude Lifestyle

Living in the Gratitude Garden, Garage, Gallery, and Gateways

I remember a season that left me questioning everything, plans I had so carefully laid out weren't unfolding the way I expected. There were no dramatic losses, no headline tragedies, just the ache of *unrealised expectations* and the silent pressure of things not happening as desired.

One morning, in that heavy quietness, God whispered something simple yet life-changing:

“Take your mind off what is not happening and be preoccupied with what is.”

He led me to take stock of what *was* working the beauty of nature around me, the peaceful terrain I called home, the steady support of friends and family, and the serenity of my environment. That simple mental shift was the seed that sprouted into what I now call **The Gratitude Lifestyle**.

The Gratitude Garden – Where Thankfulness is Cultivated

Gratitude is not automatic. Like a garden, it must be planted, watered, weeded, and nurtured. During that

dry season, I began to intentionally notice “small blooms” each day, like a warm cup of tea, a kind text message, the sound of birds at dawn. These weren’t earth-shaking miracles, but they were evidence of life still blooming.

*Those who sow with tears will reap with songs of joy.
Psalm 126:5 NIV.*

When we train our eyes to notice what’s good, we give our hearts space to bloom, even in dry spells. Gratitude doesn’t need grand moments; it thrives in honest ones.

The Gratitude Garage – Where Complaints Are Parked

Complaints are natural, but dangerous if not parked. I began to recognise that some thoughts needed to be dropped off in a “garage,” not taken on life’s highway. Choosing not to rehearse every delay, every ‘no,’ every discomfort, was how I maintained emotional fuel.

*Do everything without grumbling or arguing.
Philippians 2:14 NIV.*

To live in gratitude is not to pretend nothing is wrong, it’s to refuse to let what’s wrong define your attitude.

The Gratitude Gallery – Where Testimonies Are Displayed

A while ago, I began documenting what I called *daily praise reports*. It was my way of building a gallery of God's faithfulness. Some entries were small: "*Had strength to get through today.*" Others were big: "*Unexpected financial help came through.*" But each one stood as a framed portrait of God's grace in motion.

I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds. Psalm 9:1 NIV.

Your gallery doesn't have to be a wall. It can be a journal, a voice note, or even your prayers.

The Gratitude Gateways – Where New Realms Are Accessed

I experienced firsthand the power of thanksgiving in unlocking gates of provision. Back in the days, I desired a particular type of vehicle, one that was clearly beyond my means at the time. I admired it quietly and never made it a point of pressure. Then God spoke to me: "**You can have it, if you will pay the price of thanksgiving.**"

So I did. I thanked Him repeatedly, aloud, in my heart, even when just thinking about the car or seeing it on the road. One day, my husband received a call to come over to someone's place. When he arrived, the person handed him the particulars and key of a car, the exact type I had been giving thanks for.

My husband, my spiritual covering and partner, knew immediately he was just a God channel. He drove home, stepped out of the car, and handed me the keys. I had never even told him about my desire. I hadn't wanted to put him under pressure. **But I knew where to put the pressure, thankfully so.**

*Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.
Psalm 100:4 NIV.*

Gratitude is more than good manners, it is kingdom access.

Reflection Points:

- What “unrealised expectations” are currently stealing your attention?
- What can you thank God for today, no matter how small?
- What area of your life needs a Gratitude Garage?
- What memories belong in your personal Gallery?
- What doors might open if you choose to thank instead of complain?

Chapter Two

Thanksgiving – A Divine Acknowledgement

Thoughts, Words, and Acts that honor God's goodness

There was a season I was waiting on God for clarity and provision on a particular project. It felt like heaven was quiet. I was doing all the right things, or so I thought, until one day in prayer, the Holy Spirit interrupted my usual flow and whispered, “**You’ve done more asking than thanking.**” That moment stunned me.

I realised I had spent weeks rehearsing my needs, presenting my worries, and making strong faith declarations, but not once had I paused to acknowledge how far God had already brought me. I had been living like someone abandoned, while surrounded by evidence of grace.

That moment came to mind again when I had a conversation with a dear lady, close to my heart. She was trusting God for a transfer to another state to reunite with her husband. The delay had stretched her patience thin. Despite doing

everything required, nothing seemed to move. She called me one day, heavy with frustration, voicing how she didn't even know if the transfer would come through.

I listened quietly, then gently said, **“You’re not judging God faithful. You’re speaking as though the outcome determines His nature. It’s time to shift your perspective. Don’t let what you don’t see override what you know of Him.”** I encouraged her to repent, not in shame but in humility, and align her words with trust and thanksgiving. She agreed to do just that.

By the next day, she was trying frantically to reach me by noon. When she finally got through, she was bursting with joy. Her transfer letter had been handed to her that morning! She said she'd followed the counsel, repented, changed her posture, and gave thanks. And just like that, the very thing she had almost given up on was delivered into her hands. **It wasn't just a letter; it was a testimony of what happens when we judge God faithful in spite of how the facts appear.**

Let us hold unswervingly to the hope we profess, for he who promised is faithful. Hebrews 10:23 NIV.

Thanksgiving Begins in Thought

Thanksgiving doesn't begin with a voice. It begins with a perspective. It's not the noise of your lips but

the *noticing* of your heart. When we pause to recall God's goodness, we posture ourselves for more.

Give thanks to the Lord, for he is good; his love endures forever. Psalm 107:1 NIV.

Your memory is the fuel of your thanksgiving. The more you recall, the more reasons you'll find to rejoice.

Thanksgiving Is Expressed in Words

God is not allergic to repetition. Just like the psalmist did in his poetic praise, we too are called to speak our gratitude—not just think it.

I will extol the Lord at all times; his praise will always be on my lips. Psalm 34:1 NIV.

Thanksgiving is not a moment of silence; it is a declaration of remembrance.

We talk about what matters to us. If God's kindness fills our thoughts, it will naturally flow through our words.

Thanksgiving Is Validated by Acts

It's not enough to just feel thankful—we show it. Sometimes by dancing like David did. Sometimes by sowing a seed. Sometimes by serving others with joy. And other times, just by choosing not to grumble.

One evening, I made a simple dinner with all I had. It wasn't fancy, but I set the table with candles and served it with joy. In that moment, I told God, **"This is not just food. It's an offering of thanks."** A few days later, provision flowed in such an unexpected way that I knew heaven had received that act.

Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:17 NIV.

Gratitude is not passive, it moves us to act, to give, to serve, to honor.

Reflection Points:

- When last did you reflect intentionally on what God *has* done?
- Are your prayers more filled with requests than with thanks?
- How can you express your gratitude through actions this week?
- Can you recall a time when gratitude shifted your perspective or opened a door?

Chapter Three

Thanks in Spite Of

Gratitude beyond disappointments, delays, and expectations

Tola stood in the middle of her kitchen, staring blankly at her phone. The test result had come in, negative again. This was her fourth fertility treatment in two years. Every month, hope would rise, only to be dashed again. She had done everything she knew, prayers, fasting, medical consultations, and confessions of faith. Yet, there she stood, worn out and weighed down.

But something unusual happened that evening. Instead of crying or complaining, she turned on worship music, dropped to her knees, and said, "God, You are still good. And even in this, I trust You."

She lit a candle, made her favorite meal, and wrote a note in her journal: *"Today, I choose thanksgiving. Not because of what has changed, but because You haven't."*

Months later, without any intervention or medical treatment, Tola conceived naturally. But more

profound than the baby that came was the peace that had come first, peace born from gratitude in the face of grief.

Thanksgiving in the valley is not fake - it's faith.
It's declaring, "Even here, I know You're God."

Another fictional character, Dele, lost a major promotion to someone far less qualified. He had worked tirelessly, put in extra hours, and even trained the person who eventually got the role. When the announcement was made, he smiled in the office, but inside he was crushed.

That night, alone in his room, he had two choices: complain or give thanks. He chose the latter. Dele lifted his voice in song and said, "Lord, You see beyond what I see. I trust Your timing."

Three months later, an international opportunity opened up for Dele, one that paid double and came with relocation benefits. Looking back, he said, "If I had gotten that first promotion, I would have missed the door God was truly opening."

Gratitude in disappointment is the highest form of trust.

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

Thanksgiving in Delays

Ada had attended ten weddings in the last two years. She bought dresses, planned bridal showers, and celebrated with her friends, but inside, she battled loneliness. At 36, she was still single and often wondered if God had forgotten her.

One weekend, instead of attending yet another wedding, she decided to do something different, she threw herself a gratitude brunch. Just her and God. She cooked, decorated her space, and made a list of 50 things she was grateful for.

From purpose to peace, good health to provision, she listed them all. She ended the day writing: *“Lord, even if marriage tarries, I am full of thanksgiving.”*

Six months later, while volunteering at a youth leadership camp, she met someone whose values mirrored hers. Today, they are not only married, but they also lead a purpose-driven mentorship initiative together.

The Lord is good to those whose hope is in him, to the one who seeks him. Lamentations 3:25 NIV.

Thanksgiving for God’s Sovereignty

Some prayers don’t get answered the way we expect. Chuka had prayed for his father’s healing. Every vigil, every communion, every scripture, he did it all. But still, his father passed.

In the weeks that followed, Chuka struggled with grief and doubt. But one morning, while walking through a quiet park, he whispered, "I don't understand, but I trust You." That was his first step back into thanksgiving.

He began to journal one lesson a day he had learned from his father's life.

Over time, that journal became a book, one that has since brought comfort to others walking through loss. Chuka learned that though his prayer wasn't answered the way he hoped, God had still written a redemptive story through the pain.

Though the fig tree does not bud and there are no grapes on the vines... yet I will rejoice in the Lord, I will be joyful in God my Savior. Habakkuk 3:17-18 NIV.

Mature thanksgiving is not dependent on outcomes but rooted in the revelation of who God is.

Reflection Points:

- Is there an area of your life where thanksgiving has grown cold?

- What does it look like to thank God without needing the full picture?

- Can you identify blessings in your waiting season you've previously overlooked?

- How can you cultivate gratitude as a spiritual discipline, not just an emotional reaction?

Chapter Four

The Overflow of Selfless Gratitude

Giving thanks beyond self - to people, past, and purpose

There was a day I sat on the couch, overwhelmed by what wasn't working. I had a checklist of things I was still trusting God for, and somehow, everything around me felt quiet, like the heavens were on mute. I sighed, rubbed my temple, and looked around again - same house, same pending requests.

But I was nudged to shift my gaze. Instead of squinting close-up at all the things that hadn't changed, I looked up, beyond the immediate. And suddenly, I could see. So much had already been done. So much was already in place. What I thought was emptiness was actually a table set, a landscape dotted with God's fingerprints. The issue wasn't absence, it was awareness.

Gratitude begins where self-focus ends. It expands when we look up and out, not just within.

Selfless Gratitude: A Higher Principle

Gratitude is not merely a personal emotion, it is a divine principle. Many times, the richest expressions of gratitude come when we remove ourselves from the centre and acknowledge God's goodness as it touches the lives of others connected to us.

I once wrote in my journal, "I am where I am, and who I am, because of others." That truth has not changed.

I took time to reflect and identify part of the reasons for my joy, peace and well-being are these other factors, for which I am grateful.

1. Grateful for Family

I thank God for my family.

For the peace in my marriage, the growth of my children, the strength and love of my spouse.

When I take the time to write down my gratitude, I see more. Journaling has become my tool for reenacting, recalling, and reviving gratitude.

2. Extended Family & Ancestry

I am grateful for my extended family, those who stand with me, pray for me, and carry memories of shared roots.

I give thanks for my parents. They nurtured me, stood in their God-given roles, and didn't abandon the assignment of my life.

3. Business & Daily Work

Every term-end, I reflect on how God has helped me steward my institutions and assignments.

Even in the seasons that seemed quiet, there were undeniable answers, divine provision, growth, favour, and sustaining grace.

I realize I'm never really empty-handed. When I recount with gratitude, I celebrate in detail.

4. Nation & Leadership

I thank God for the peace in my land, the possibilities in my nation, and the wisdom I've seen in leadership, despite challenges.

Gratitude for my country is a sign of maturity. It is a prophetic declaration that God is still at work, and we are partakers of the grace.

5. Personal Life & Well-being

I am grateful for the journey of personal growth:

My education and development

Financial improvements, step by step

Friendships that uplift and correct

A workplace that has shown me favour and progress

6. Spiritual Progress

I give thanks for how far I've come spiritually.

For the times God spoke clearly, the healing I experienced, the understanding He gave me, and the strength to give even when I had little.

I celebrate the victories of my friends too. Their testimonies are also evidence of God's goodness in my life.

7. Spiritual Family & Leadership

I thank God for:

My spiritual home—where the Word is taught and lived

Mentors and spiritual guides who've walked with me

Revelations that realigned me

Transitions that took me deeper

8. Creation and Nature

I thank God for nature

For the sunlight that warms, the rain that nourishes, the breeze that calms, and the protection from disasters.

That I may publish with the voice of thanksgiving, and tell of all thy wondrous works. Psalms 26:7

The Sacrifice of Thanksgiving

Offer unto God thanksgiving; and pay thy vows unto the most High. Psalms 50:14 .

Thanksgiving is a sacrifice one I choose to bring continually.

I gather all that is good, all that has come together, and lift it as incense of praise.

I will praise the name of God with a song, and will magnify him with thanksgiving. Psalms 69:30 KJV.

Reflection

Take a moment and reflect.

- What areas of your life have you been overlooking because you've been too focused on what's not working?
- Who are the people God used to support your journey, and have you thanked Him for them lately?
- Can you see how looking up changes your perspective?
- How can you begin a new rhythm of gratitude, daily, weekly, monthly?
- Thanksgiving opens your eyes to see what's already working. The more you give thanks, the more your view expands.

Chapter Five

Singing Into Victory

Let praise go first, into battle, into transition, into promise

After the death of Joshua, the people of Israel needed direction. They asked the Lord, “Who shall go up first to fight against the Canaanites?” And God answered, “**Judah shall go up first. I have given the land into their hands.**” Judges 1:2 NIV.

God could have chosen any tribe. He chose **Judah**, and Judah means **praise**.

**Praise was not just a tribe, it was a strategy.
It was not just a name, it was a posture of the spirit.**

Praise was the battle plan, and victory was the outcome.

There is something about praise that confuses the enemy and clears the path. It does not just acknowledge God, it invites Him to take over.

**When praise goes first, heaven takes position.
When thanksgiving leads the way, victory is inevitable.**

When the battle is too big, let praise go first

The enemy armies had gathered in terrifying numbers. Three nations - Moab, Ammon, and Mount Seir, came together to attack Judah. King Jehoshaphat was overwhelmed. It was a battle he could not win with swords or strategies. So, he turned to God.

Instead of calling his generals, he called for a fast. Instead of plotting war tactics, he stood before the people and declared trust in God. Then came the divine strategy—one no military school could have taught. God instructed them to **put the praise singers at the front line** of the army.

So Jehoshaphat appointed men to sing to the Lord and to praise him for the splendor of his holiness. They went out ahead of the army, singing:

“Give thanks to the Lord, for his love endures forever.”

As they began to sing and praise, the Lord set ambushes against the enemies, and they began to fight one another until they were completely destroyed.

When praise goes ahead, God steps in behind the scenes.

As they began to sing and praise, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated. 2 Chronicles 20:22 NIV.

Victory Does Not Begin With Violence - It Begins With a Voice

Praise is not passive. It's proactive. It's not a filler at the start of a service or a time killer before a sermon. **Praise is a strategic weapon that invites God's intervention** into our reality.

When Jehoshaphat obeyed and sent singers ahead of soldiers, he aligned with a timeless principle, **God fights where He is exalted.**

When You Praise, You Hand Over the Battle

You may not have a physical army against you, but maybe the opposition is a deadline, a diagnosis, a delay, or a deep discouragement.

The strategy remains the same, lift up praise.

A young woman named Ireti was battling severe anxiety during a season of transition. Nothing felt certain. Every opportunity seemed to shut its door. One night, exhausted from overthinking, she put her phone aside and played worship music. Instead of

asking for answers, she began thanking God for His past faithfulness.

That night, she slept without waking up in panic for the first time in weeks. By morning, an old mentor had sent her a message, inviting her to work on a dream project. No prayer request had been sent, but **praise had gone ahead.**

When you stop wrestling and start worshipping, heaven moves.

Praise Reverses Patterns

Praise doesn't just bring victory, it can stop repeated cycles.

A family had faced stagnation year after year. Every attempt to rise met an invisible wall. One night, the father gathered the family and declared, "We will not beg God tonight, we will bless Him." They danced, wept, and sang until their living room became an altar.

Within months, one child got a scholarship, another launched a profitable business, and the family moved into a long-awaited home.

Praise breaks cycles and establishes new seasons.

Praise Confirms God's Presence

Where God is praised, He dwells. His presence is not attracted to complaints, but to **grateful, faith-filled hearts.**

Yet you are enthroned as the Holy One, you are the one Israel praises. Psalm 22:3 NIV.

In battles, valleys, delays, and transitions, let praise go first. Not because you feel strong, but because **He is still good.**

Reflection Points:

- In your current situation, have you sent praise ahead or only sent requests?
- What does leading with praise look like practically for you?
- Can you recall a time when praise shifted the outcome of a situation?
- How can you develop a rhythm of praise, even in seasons of waiting?

Chapter Six

Daily Thankful Reflections

Turning Little Gains into Memorable Milestones

I did not always understand the power of reflection. Life moved so quickly that even when something beautiful happened, I would smile, whisper a quick “Thank You, Lord,” and keep going. But over time, I noticed how quickly I forgot. I forgot prayers that had been answered, mercies that had been extended, and blessings that had once been major desires.

One day, while flipping through an old journal, I found an entry where I had written about a season I thought I would never survive. Reading those words with the lens of my present reality brought tears to my eyes. God had come through – not once, not twice – but again and again. That was when it struck me: **writing down what God has done gives you a permanent reference point when your memory fails.**

Yet I still dare to hope when I remember this: [22] The faithful love of the Lord never ends! His mercies never cease. [23] Great is his faithfulness; his

mercies begin afresh each morning. [24] I say to myself, "The Lord is my inheritance; therefore, I will hope in him! Lamentations 3:21-24 NLT

Recounting is a weapon against forgetfulness. When the Israelites crossed the Jordan, they were instructed to take stones from the riverbed and stack them as a memorial. It was not just for decoration. It was for remembrance. That when their children asked, "What do these stones mean?" they would have a story to tell. **Journaling is our modern-day memorial stone.**

To serve as a sign among you. In the future, when your children ask you, 'What do these stones mean?' tell them... These stones are to be a memorial to the people of Israel forever." Joshua 4:6-7 NIV

Sometimes, I flip through my praise journal and marvel. A tuition fee was paid at the last minute. A friend got healed. A door I had knocked on for years finally opened. These are not small things. They are evidence. They are testimony points. They are faith boosters. **Every written praise report builds a stronger bridge to trust God again.**

In some seasons, writing down what I was grateful for helped me fight off anxiety. I would write about the gift of breath, the safety of my children, the quietness in my home, and even the favour from a stranger. The more I wrote, the more I realized - **I was never without something to thank God for.**

In everything give thanks, for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:18 NKJV

This habit also helped me become more specific. Rather than saying “God is good,” I began saying “God gave me strength for that meeting I was dreading.” Instead of “Thank God for my family,” I would note “My child woke up laughing today after a tough week.” That level of detail is how **little gains turn into memorable milestones.**

Bless the Lord, O my soul, and forget not all His benefits.” Psalm 103:2

Thanksgiving becomes richer when it is tracked intentionally. I encourage you to keep a “God Did It” journal. It may be simple, a few lines daily or even weekly. But it will be something your soul can feed on in lean moments. **When you document gratitude, you multiply joy.**

I will remember the deeds of the Lord, yes, I will remember your miracles of long ago.” Psalm 77:11 NIV

Reflection

- Do you have a way of recording answered prayers, victories, and progress?

- How has journaling or recounting the goodness of God shaped your perspective in hard times?
- What are three things you can start writing down daily as a gratitude practice?
- Can you recall a time you were low, but reading a past testimony lifted your spirit?

Chapter Seven

Gratefulness in Delays and Detours

Finding Meaning in the Middle

I used to believe that if God was truly with me, the journey would be smooth. No bumps. No detours. Just a straight road paved with divine ease. But over time, I learned something powerful, **God does some of His deepest work in the delays**, and trust that is the favour of God.

The translation of this verse in the Psalms, was one of the scriptures of solace in such times.

LORD, by thy favour thou hast made my mountain to stand strong: Thou didst hide thy face, and I was troubled. Psalm 30:7

There was a season when every door I knocked on stayed shut. I prayed. I fasted. I stayed faithful. Yet nothing moved. At least, not in the way I expected. But while I was waiting, God was working, on me. He was pruning, preparing, and positioning. It did not feel like progress, but it was.

*He has made everything beautiful in its time.
Ecclesiastes 3:11 NIV*

I remember a particular moment when I sat in my car, eyes full of tears, asking God, “Why the wait?” His response came quietly but firmly: “*Would you still be thankful here?*” That moment broke me. Because it revealed that **my gratitude was too outcome-based.**

What if the delay is not denial? What if the detour is divine? What if the wait is not a waste? In those moments, I began to shift my focus. Instead of asking, “When will this end?” I started to ask, “What can I learn here?”

*Be still before the Lord and wait patiently for Him.
Psalm 37:7 NIV*

I started writing down the lessons, the little victories, the unexpected friendships that came during the wait. I wrote about the depth my prayer life took, the strength I never knew I had, and the clarity that emerged. **The delay was not the enemy, it was the classroom.**

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance, perseverance character, and character hope. bRomans 5:3–4 NIV

Yes, gratitude in delays is not natural - it is spiritual. It requires trust. It requires maturity. It

requires seeing with eyes of faith. But when you look closely, there is beauty in the in-between. There is power in the pause. There is meaning in the mess.

And sometimes, when it looks like God is late, He is simply setting up something beyond what you imagined.

“Though it tarry, wait for it. It will surely come. It will not delay.” Habakkuk 2:3 NIV

Gratitude during delay is the seed for joy in due season. Do not wait until the answer comes to give thanks. Thank Him now, in the quiet, in the hallway, in the desert. **Your gratitude is not just a response; it is a revelation of your trust.**

Reflection

- Have you ever experienced a delay that made you question God’s timing?
- Looking back, what blessings came during that waiting season?
- Can you journal three things from a current delay that you are thankful for?
- What truths about God have become more real to you during detours?

Chapter Eight

Gratefulness as Warfare

Combating Ingratitude, Depression, and Self-Pity Through Thanks

There was a time I felt surrounded, not by people, but by thoughts. Heavy thoughts. Silent clouds of comparison, subtle dissatisfaction, and a whispering question: “What really is working in your life?”

It started slowly. A prayer unanswered. A promise yet to manifest. An opportunity missed. Then came the quiet sighs. The slipping joy. The subtle internal complaining. But one day, I caught it, **a spirit of heaviness creeping in through the backdoor of ingratitude.**

I remembered something that changed everything: **Gratitude is not just a virtue, it is a weapon.**

Put on the garment of praise for the spirit of heaviness. Isaiah 61:3 NIV

That scripture hit me fresh. Praise is a garment. It's something I must choose to wear. I could not afford to be naked in battle. Every thank you spoken was a sword raised. Every praise whispered was a dart

against depression. **Gratefulness is how I fight back.**

So I began. I started with the most basic things, my breath, my bed, my Bible, my body. Then I moved to the slightly forgotten victories — past prayers God had answered. The days I didn't even know He saved me. The peace I had, even in the waiting. **The devil thrives in forgetfulness, but thankfulness shuts him down.**

Bless the Lord, O my soul, and forget not all His benefits. Psalm 103:2 NIV

I learned something vital — **self-pity cannot survive where thanksgiving is alive.** The two don't coexist. Every time I gave thanks, light came in. Joy returned. I was rearmed and strengthened. Depression lost its grip.

Gratitude is how I climb out of emotional pits. It shifts my focus from what's missing to what's present. From the ache of delay to the abundance of grace. From "Why me?" to "Thank You, Lord." **It is not denial, it is defiance, holy defiance against darkness.**

Though the fig tree does not bud and there are no grapes on the vines... yet I will rejoice in the Lord. Habakkuk 3:17–18 NIV

So when I feel the fog begin to rise, I reach for my pen or open my mouth. I speak of His goodness. I

recount His mercies. I give thanks — not because everything is perfect, but because God is present.

Reflection

- What emotions have you silently battled that gratefulness can challenge today?
- How have you seen praise lift your spirit in the past? Can you go back to that habit?
- List three areas where self-pity has been lurking and write a thanksgiving line for each.
- What can you begin to say or do when you feel the heaviness approaching again?

Chapter Nine

Thanksgiving as a Sacrifice

Intentional, Sacrificial Gratitude That Brings Supernatural Release

It's easy to say "Thank You, Lord" when the doors are open, the bank is full, and everything aligns. But what happens when there's no visible sign of victory? What if the miracle is delayed, or the healing hasn't come, or the breakthrough seems far off?

I have found that **the most powerful thanksgivings are the ones that cost me something**. They are not stirred by circumstances but by conviction. That is when thanksgiving becomes a sacrifice.

Offer to God a sacrifice of thanksgiving and fulfill your vows to the Most High. Psalm 50:14 NIV

One of the hardest moments in my life was giving thanks when everything felt like a contradiction. What I prayed for was not what I saw. What I hoped for seemed denied. I felt empty, emotionally, spiritually, and even physically.

Yet, right there, I chose to lift my hands and thank God. Not because I understood, but because I trusted. That moment became an altar. **A holy place where gratitude was not convenient, but consecrated.**

It was not an emotional thank you. It was a spiritual decision. It was faith rising above facts. **Sacrificial thanksgiving is when you praise God with your pain still unhealed, your need unmet, your questions unanswered.**

I will sacrifice a thank offering to you and call on the name of the Lord. Psalm 116:17 NIV

It was a thanksgiving from a place of understanding and trust, that even when I am not seeing it, God is always working. He works behind the scenes and sometimes hides to reveal. Moreover, I always settle this in my heart: what could be the worst outcome? And it can never be worse, because God is faithful.

That kind of thanksgiving opens realms. Things shifted in my heart, peace came first, then fresh strength, then divine interventions I couldn't have manufactured. Because heaven recognizes sacrifice. Gratitude given from a place of pain is weighty in the courts of God.

Through Jesus, therefore, let us continually offer to God a sacrifice of praise, the fruit of lips that openly profess His name. Hebrews 13:15 NIV

It is easy to rehearse complaints, to describe what's not working. But when I choose instead to give a sacrifice of praise, to give thanks when it's not logical, I am participating in a holy exchange. I give my ashes, and He gives beauty. I give my mourning, and He gives the oil of joy.

Gratitude, when it hurts, heals. It releases supernatural grace, unlocks favour, and moves heaven.

Reflection

- What situation in your life right now requires a sacrificial kind of thanksgiving?
- Can you identify a past moment when your sacrificial gratitude led to a shift in your spirit or circumstance?
- Write out a thanksgiving prayer that intentionally acknowledges God's goodness in your current discomfort.
- How can you develop the habit of sacrificial praise even when it's hard to see the outcome?

Chapter Ten

The Practice of Expressing Gratitude

Intentional acts of thanksgiving to God and people

Gratitude is not only something we feel; it is something we **express**. Over time, I have learned that one of the greatest anchors of gratitude for me is to **express it both to God and to people**. Thanksgiving is more powerful when it moves beyond silent thoughts into spoken words and visible actions.

I make it a personal duty to **verbalize my thanks**. I speak it to God in worship, I say it to people in appreciation, and I show it through acts of service, giving, and kindness. Gratitude is not complete until it is communicated.

One of my most treasured practices has been writing **gratitude notes**. I take a pen and intentionally write to those I cherish, beginning with my family. I write to my spouse and my children, telling them how phenomenal they are and how grateful I am for all the ways they have blessed my

life, whether through their character, their actions, or material gifts.

The same practice extends to my friends and employees. I make it a habit to **acknowledge** their impact in my life, even when it might seem small. No expression of goodness should ever go unnoticed. Gratitude, when expressed, strengthens relationships, deepens bonds, and honors God.

Beyond daily or spontaneous expressions, I also set aside **annual commemorative days** devoted to gratitude. On these days, I reflect intentionally on the people God has used to bless me throughout the year. I send out thoughtful gifts and heartfelt notes, often coinciding with commemorative seasons like Christmas. These seasons become opportunities for me to actively demonstrate the attitude of gratitude in tangible ways.

Gratitude is a practice that grows stronger the more you work it. It becomes a powerful **spiritual discipline**, a way to resist pride, ingratitude, and entitlement. It helps us focus on what we have, rather than what we lack. It keeps our hearts tender toward God and towards people.

It is written:

Through Jesus, therefore, let us continually offer to God a sacrifice of praise, the fruit of lips that openly profess his name. Hebrews 13:15 NIV

Expressing gratitude is not about feeling obligated. It is about offering a heartfelt, willing sacrifice, one that acknowledges the goodness of God and honors the people He has placed along our path.

Reflection:

- Who do you need to express gratitude to today?
- Can you take a moment to send a note, make a call, or offer a small gift to show your appreciation?
- How can you build consistent gratitude expressions into your life, weekly, monthly, or annually?

Chapter Eleven

Publishing His Wondrous Works

Declaring, documenting, and celebrating all God has done

There is something powerful about writing it down. About testifying. About retelling. I have discovered that the act of publishing God's wondrous works, whether by voice or by pen, multiplies the impact of those moments in my life. It's as though heaven hears again and says, "Let's do it one more time."

I do not take lightly the practice of recounting. There are journals full of God's goodness and praise reports scattered across my life's timeline, little landmarks that remind me of how far He has brought me and how deeply He has worked.

Sometimes the stories are loud and miraculous. Other times, they are quiet and almost unnoticeable to the untrained eye. But I know. I always know.

I document because I want to remember. I declare because I want others to know. And I celebrate because God deserves it.

*I will give thanks to the Lord with my whole heart, I will recount all of your wonderful deeds. Psalm 9:1
ESV*

Testimonies are not for hoarding; they are for heralding. And each time I do, it strengthens faith - mine and that of others. I've seen it. A single story told at the right time can cause someone else to rise and believe again.

God deserves to be made famous in my world. He deserves to be praised in my language. So I do not stay silent. I do not hide His wonders. I publish them.

When I put pen to paper, when I share in circles, when I speak boldly in a room, I am not boasting in myself. I am publishing His wondrous works. That act of declaring is in itself an offering. A reminder. A celebration.

*Sing to the Lord, bless his name, tell of his salvation from day to day. Declare his glory among the nations, his marvelous works among all the peoples. Psalm 96:2-3
ESV*

Sometimes it's a praise report in church, sometimes it's a testimony in a WhatsApp group, and sometimes it's a private note in my journal, but each one matters. Each one is a chapter in a divine story. And as I publish, God continues to perform.

I have also found that when I celebrate what He has done, I create space for what He will yet do. Publishing is not just backward-facing. It is prophetic. It's my way of saying, "Lord, I see what You have done, and I welcome what You are doing."

I will never run out of things to say about Him, because He never stops being good. His goodness is fresh, faithful, and far-reaching.

Oh give thanks to the Lord, call upon his name, make known his deeds among the peoples. 1 Chronicles 16:8 ESV

Reflection

- What has God done recently that you have not yet shared or written down?

- How can you become more deliberate in documenting your testimony journey?

- Who around you needs to hear about God's wondrous works in your life?

Conclusion

Always Thankful, Always Advancing

The lifestyle that keeps your tank full and your spirit light

Gratitude is not a phase for me - it is a place. I have learned, through seasons of plenty and periods of pressure, that thankfulness is both fuel and compass. It keeps my heart aligned and my soul alive.

When I live with a grateful heart, I see differently. I speak differently. I expect differently. Gratitude shifts my focus from what is lacking to what is available, from what is broken to what is being mended, and from what is pending to what is promised.

It is not always easy to be thankful. Life throws curveballs, plans shift, people change. But I have seen what ingratitude can do - how it steals joy, clouds vision, and fosters bitterness. I choose the opposite. I choose gratitude.

In everything give thanks, for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:18 NKJV

Each chapter of my life has taught me that thankfulness is warfare, healing, wisdom, and worship. It is how I reset, how I resist, and how I rejoice. It is not just what I do; it is who I am becoming.

A grateful heart opens doors. It attracts favour. It multiplies grace. It silences the enemy's whispers and amplifies heaven's truth.

When I count my blessings, I lose count of my burdens.

When I lift my hands in praise, the weight lifts from my shoulders.

When I declare His goodness, I walk in fresh strength.

Surely the righteous shall give thanks unto thy name: The upright shall dwell in thy presence. Psalm 140:13

And so, I choose to always be thankful, abiding in God's presence and always advancing.

No matter the season, no matter the scenery - there is always something to be grateful for.

And as I remain thankful, my faith stays strong, and my spirit stays light.

Reflection

- What daily practices can help you remain in a posture of gratitude?

- How will you infuse gratitude into your responses to challenges and changes?

- What one shift can you make this week to live more thankfully?

It's a wrap

I always round up my books by giving opportunities to readers to make a life-transforming decision, which I did some decades back, and has helped me this far, by simply taking the prayers below;

Prayer for Salvation and Baptism in the Holy Spirit
Heavenly Father, I come to you in the name of Jesus. Your word says, "Whosoever shall call on the name of the Lord shall be saved" (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be the Lord over my life according to (Romans 10: 9-10): "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart, man believeth unto righteousness, and with the mouth, confession is made unto salvation". I do that now. I confess that Jesus is the LORD, and I believe in my heart that God raised Him from the dead.

I am now reborn! I am a Christian—a child of Almighty God! I am saved! You also said in your word;

(Luke 11:13) - If ye then, being evil, know how to give good gifts unto your children: how much more shall [your] heavenly Father give the Holy Spirit to them that ask him? Therefore, I ask you to fill me with the Holy Spirit.

I believe I shall forthwith, speak in new tongues, according to your word in;

(Acts 2:4) And they were all filled with the Holy Ghost and began to speak with other tongues, as the Spirit gave them utterance. Begin to praise God for filling you with the Holy Spirit. Speak those words and syllables you receive not in your language but in the language that was given to you by the Holy Spirit. You have to use your voice. God will not force you to speak; don't be concerned with how it sounds; it is a heavenly language. Continue with the blessings God has given you and pray in the spirit every day.

You are a born-again, Spirit-filled believer. You will never be the same.

Find a good Church that boldly preaches God's Word and obeys it. Become part of a church family who will love and care for you, as you love and care for them.

We need to be connected. It increases our strength in God, and it is God's plan for us.

Make it a habit to communicate with God daily, through prayers, and read your bible to grow.

You are most welcome to contact us via our contact details provided.

Congratulations!

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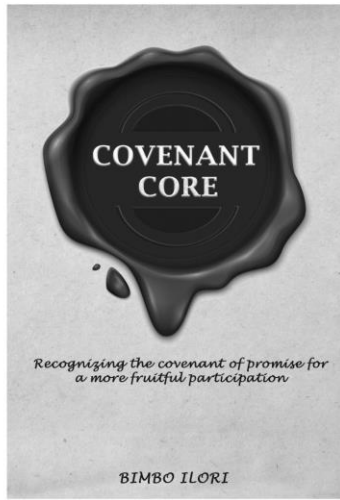
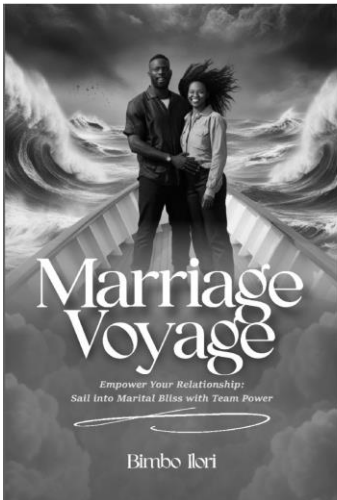
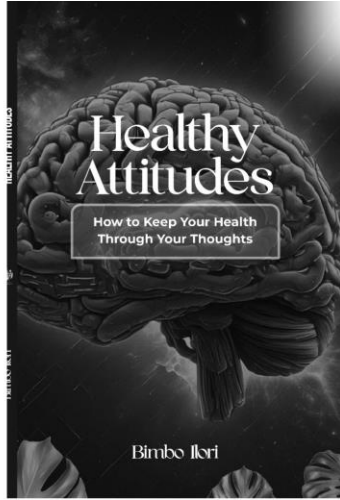
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Other Books By The Author





Gratefulness is more than a reaction—it is a lifestyle, a conscious way of seeing and responding to life. In this heartfelt book, Bimbo Ilori invites readers into her personal journey of gratitude, showing how even the smallest blessings can become powerful milestones when acknowledged with thanksgiving. Through stories, reflections, and scriptural grounding, she demonstrates how gratitude transforms perception, builds resilience, and invites the supernatural into the everyday.

This book is a celebration of life in all its dimensions—family, faith, work, friendships, and nation. With each page, the reader is encouraged to cultivate their own gratitude garden: a space where thanksgiving is intentional, expressive, and deeply rooted. From journaling little wins to magnifying God's works, *Gratefulness* becomes a call to overcome ingratitude, hopelessness, and even depression by embracing the atmosphere-shifting power of thanksgiving. This is more than a book; it is an invitation to live full and thankful, always.



Bimbo Ilori is an author with a purposive drive in her context. She has written over 35 books including bestsellers. She is a master's holder in Administration, a fellow, the chartered administrators professional, and a certified life and purpose coach. She teaches, writes and speaks about her passion, which includes Administration, a purpose-led life, and giving perspectives on the essentials of life. She is married to Bisi Ilori and they are blessed with children.



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