

From Dread to Gratitude

By: David Burruss

I've been dreading this week. Honestly, I've been dragging my feet since Friday night just thinking about it. A full calendar of client meetings, entertaining guests, putting on the professional face, and maybe the hardest part, actually going into the office. After so many years of remote work, that shift feels heavier than it should. And on top of all that, I know I'll be working late. Busy days. Long nights. Just not looking forward to any of it.

But as I sat with that feeling, something shifted. I started to realize that what I was calling a burden was actually a blessing I had stopped seeing clearly. These weren't unbearable trials. They were minor inconveniences. Temporary discomforts. And behind them was a truth I couldn't ignore.

God gave me this job. Not just any job, but a job that is amazing. A job that provides for my family. One that, even with its demands, still offers flexibility. And more than that, it gives me the space and the stability to do something I care about even more. It gives me the freedom to preach and teach God's Word.

It was like my whole perspective turned around.

I remembered what Paul wrote in Philippians 2:14–15: "Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world." That hit me. I had been letting my attitude dim my light. I was complaining about the very thing that was allowing me to live out God's call on my life.

It's so easy to slip into frustration. Our culture normalizes burnout and grumbling. We bond over being tired and overwhelmed. But God calls us to something different. He invites us to gratitude. Not just the surface-level kind, but the kind that goes deep. Deep enough to reframe how we see our everyday lives.

1 Thessalonians 5:18 says, "In everything give thanks; for this is the will of God in Christ Jesus for you." That verse doesn't tell us to be fake or deny the hard stuff. It just reminds us that gratitude can live right alongside the hard. I can still be tired. I can still prefer working from home. But I can also choose to see this week as a gift. Because it is.

So instead of dread, I'm asking God to give me eyes to see His goodness in the middle of the grind. To help me show up with joy, even in the traffic. To remind me that every late night, every meeting, and every little task can become worship when it's offered to Him.

And maybe that's the real miracle. That God can take something like a full workweek and use it to remind me just how blessed I truly am.