

How to Cultivate Gratitude in Everyday Life: 15 Thankful Practices

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Christian Reflections to Build your Faith, By Melkisedeck Leon Shine

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Gratitude is a powerful force that can transform our lives and bring us closer to God. It is not just a fleeting feeling of thankfulness but a deliberate practice that can shape our perspective and attitude towards life. As Christians, cultivating gratitude should be an integral part of our everyday lives, as it aligns us with God's will and helps us appreciate the countless blessings He has bestowed upon us. Let us explore 15 thankful practices, with biblical examples and teachings, to help us cultivate gratitude in our daily lives.

1 Begin each day with gratitude: As the sun rises, offer a prayer of thanks to God for another day of life. Follow the example of David, who acknowledged God's faithfulness each morning: "I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds" (Psalm 9:1).

3 Offer grace before meals: Before enjoying a meal, pause to give thanks for the provision of food. Follow Jesus' example when He fed the multitude, offering thanks to God before multiplying the loaves and fishes: "Then he took the seven loaves and the fish, and when he had given thanks, he broke them and gave them to the disciples" (Matthew 15:36).

4 Practice gratitude in prayer: Make gratitude a central part of your conversations with God. Give genuine thanks for His love, grace, and mercy in your life. As the psalmist proclaims, "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name" (Psalm 100:4).

5 Serve others with a grateful heart: Show gratitude by serving those in need, just as Jesus washed the feet of His disciples. We are called to love one another and express our gratitude through acts of kindness: "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love" (Galatians 5:13).

6 Express gratitude to others: Take time to appreciate and thank those around you. Letting others know how much they mean to you can brighten their day and deepen your relationships. Paul exemplified this when he thanked his fellow believers: "I always thank my God for you because of his grace given you in Christ Jesus" (1 Corinthians 1:4).

7 Find joy in the little things: Cultivate a mindset of gratitude by finding beauty and joy in the small blessings that often go unnoticed. Remember Jesus' teaching, "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin" (Matthew 6:28).

9 Share your gratitude with others: Spread the spirit of thankfulness by sharing your gratitude with others. Encourage friends and family to also cultivate an attitude of gratitude. Paul's letter to the Corinthians reminds us, "Thanks be to God for his indescribable gift!" (2 Corinthians 9:15).

11 Cultivate a heart of contentment: Learn to be content with what you have and find gratitude in the present moment. Paul shared his secret of contentment: "I have learned to be content whatever the circumstances" (Philippians 4:11).

12 Remember God's faithfulness: Reflect on past experiences where God has shown His faithfulness in your life. Remembering His goodness will inspire gratitude in your heart. David declared, "I will remember the deeds of the Lord; yes, I will remember your miracles of long ago" (Psalm 77:11).

14 Give thanks in community worship: Join with other believers in worship and express gratitude together. Singing praises and praying in community can enhance our gratitude. The psalmist invites us, "Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation" (Psalm 95:1).

15 End each day with gratitude: Before you rest, take a moment to reflect on the day and offer thanks to God. Express gratitude for His guidance, protection, and blessings. As you lay your head down, let your last thought be a prayer of gratitude. Paul advises, "And 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).

Embrace these 15 thankful practices and allow gratitude to permeate every aspect of your life. By living with a grateful heart, you will deepen your relationship with God and experience His abundant blessings. Remember, "Give thanks to the Lord, for he is good; his love endures forever" (Psalm 107:1). May you be blessed with a heart full of gratitude as you journey with God. Amen. ?