

15 Biblical Practices to Cultivate Gratitude and Enhance Well-being

By Melkisedeck Leon Shine · May 7, 2025

Christian Reflections to Build your Faith, By Melkisedeck Leon Shine

15 Biblically-Informed Practices for Cultivating Gratitude and Thankfulness

In contemporary society, marked by its rapid pace and inherent instability, fostering gratitude presents a significant challenge. However, within the Christian faith, cultivating thankfulness transcends positive psychology; it represents a fundamental spiritual discipline, reflecting faith and acknowledging God's immeasurable grace. This practice promotes significant emotional well-being, characterized by increased joy, inner peace, and a strengthened connection with the divine. This discourse, inspired by the life and teachings of Jesus Christ, outlines fifteen biblically-grounded strategies for cultivating thankfulness, leveraging established psychological and theological frameworks.