

Cultivating Daily Gratitude: A Christian's Guide to Thankfulness

By Melkisedeck Leon Shine · June 17, 2025

Recommended Christian Daily Readings

``html Cultivating Gratitude: A Holistic Approach to Daily Thankfulness

This article explores the profound impact of cultivating gratitude as a daily practice, drawing upon theological principles and psychological models to demonstrate its effectiveness in enhancing well-being. Key concepts such as the attribution theory (explaining how individuals attribute causes to events, influencing their emotional responses), self-determination theory (highlighting the importance of autonomy, competence, and relatedness for well-being), and the positive psychology approach (focusing on strengths and virtues) underpin the suggested practices.

Conclusions and Recommendations: Cultivating gratitude, through a holistic approach incorporating spiritual reflection, psychological practices and social interactions, significantly contributes to overall well-being. The integration of various psychological models and principles, combined with spiritual reflection, provides a robust framework for fostering gratitude. Further research could explore the long-term effects of these practices on various aspects of well-being, including physical health, emotional resilience, and social connectedness. Practical applications could include developing tailored interventions for specific populations and exploring the role of technology in supporting daily gratitude practices. The impact of these practices extends beyond individual benefits to fostering more compassionate and interconnected communities.

Reader Pool: How might the integration of these gratitude practices into existing faith-based therapeutic interventions enhance the efficacy of treatment for individuals struggling with anxiety, depression, or trauma?

``