

15 Daily Practices to Cultivate Gratitude & Draw Closer to God

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Christian Reflections to Build your Faith, By Melkisedeck Leon Shine

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## **15 Pathways to a Grateful Heart**

1. **Begin Each Day with Thanksgiving:** As the sun rises, offer a prayer of gratitude to God for the gift of a new day. Echo David's sentiment: "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 each meal, pause to express thanks for the provision of food. Emulate Jesus' example at the feeding of the multitude: "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. **Integrate Gratitude into Prayer:** Make gratitude a cornerstone of your conversations with God. Express sincere thanks for His love, grace, and mercy. As the psalmist urges, "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name" (Psalm 100:4).

5. **Serve with a Grateful Heart:** Show gratitude through selfless service. Just as Jesus washed His disciples' feet, we're called to love one another and express thanks 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 the time to appreciate and thank those around you. Acknowledging others strengthens bonds and brightens their day. Paul's example shines: "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 Small Things:** Cultivate gratitude by finding beauty and joy in life's small blessings. Recall 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:** Spread thankfulness by sharing your gratitude with others. Encourage friends and family to cultivate a thankful spirit. Remember Paul's exclamation: "Thanks be to God for his indescribable gift!" (2 Corinthians 9:15).

11. **Cultivate Contentment:** Find contentment in what you have and gratitude in the present moment. Paul's secret to contentment is applicable: "I have learned to be

content whatever the circumstances" (Philippians 4:11).

14. Give Thanks in Community: Join fellow believers in worship and collective gratitude. Shared praise and prayer amplify our thankfulness. The psalmist's invitation rings true: "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 rest, reflect on the day and offer thanks to God for His guidance, protection, and blessings. Let your last thought be a prayer of gratitude. Paul instructs, "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 fifteen practices. Let gratitude permeate your life. A grateful heart deepens your relationship with God and unlocks 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 overflowing with gratitude as you journey with God. Amen.

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