



With the season of thanksgiving and gratitude upon us. I found a great article by Cason Schulze. It has been condensed to fit on the Chaplain's Corner. If you would like to read the entire article, it can be found at: <https://www.crosswalk.com/special-coverage/thanksgiving/4-ways-to-make-gratitude-and-thankfulness-a-daily-practice.html> It is a great read!

With the nonstop pace that most of us operate at, finding time to pause, reflect, and cultivate gratitude can be a challenge. The world is full of noise, distractions, and the alluring promise of fulfillment. Culture tempts us to pursue bigger and better. We're never quite satisfied, so we busy ourselves with the race to find more. It's a never-ending chase that leaves us tired and empty rather than hopeful and fulfilled. But what if there is a better way?

Derived from the Latin word *gratia*, gratitude is a simple concept that means gratefulness or thankfulness. Gratitude, however, is quite simple. It's also an extremely powerful tool that can transform our spiritual well-being, attitude, and overall mental health. Due to its simplicity, the practice is often overlooked.

2. Remember Gratitude in the Mundane

Perhaps the majority of your days look very similar, each one a repeat of the last. If so, you're not alone. Many of us relate to feeling like our days are routine, boring, and insignificant. So, how can we find things to be thankful for in the mundane? Consider the simple pleasures that surround you each day. The sunrise painting the sky, the breath that fills your lungs, the cool air against your skin, or the comforting warmth a cup of coffee brings.

3. Seek True Fulfillment

The truth is that true fulfillment is found in the present moment as we walk with God every step of the way. I know it's a cliché, but I've found this to be true in my own life and maybe you have too. It really isn't about the end destination; it's about the journey. Fulfillment is rooted in our ability to appreciate the ordinary moments that fill the days of our lives. It's in these moments of pause and intentionality that we notice beauty unfolding all around us.

4. Make it a Daily Practice

Gratitude isn't meant to be a one-and-done thing. Consistency is key when it comes to experiencing the positive results that follow a regular practice of gratitude. The Bible reminds us of the importance of this continuous habit. In [1 Thessalonians 5:18](#), Paul says, "Be thankful in all circumstances, for this is God's will for you who belong to Christ [Jesus](#)." This verse reminds us that regardless of what we're facing, there is always something to be thankful for.

- **Morning practice:** Begin your day with a moment of reflection. Yes, it's that simple! Before you get out of bed, think about one thing you're grateful for.
- **Coffee and thanksgiving:** Another way to jumpstart your day with gratitude is to reflect for a moment as you drink your morning cup of coffee or hot tea.
- **Nightly reflection:** Before going to bed, reflect on your day and identify one thing you're thankful for. This allows you to end the day on a positive note.

However, you choose to incorporate gratitude, remember that even a brief pause has a significant impact. By anchoring gratitude to your daily routine, you'll find that it becomes a natural part of your daily life.

Embracing gratitude as a daily practice allows us to discover that the ordinary is, in fact, extraordinary. Every moment is a gift, and with a grateful heart, you can savor the beauty and wonder of each day.

Daily gratitude has so many benefits. You can see yourself change as you see things with a grateful attitude.

I am grateful for all of you! Jenny