

# Importance of Gratitude

Post by "Don" of May 27, 2022 at 8:01 AM

## [Quote from EricR](#)

I personally am quite comfortable with a supernatural god being invoked if it draws someone's attention to gratitude. I don't know what may or may not lay beyond, but I do know that being grateful for my days promotes a happier time here. I realize that is anathema to this site, but I gotta be me! 😊

I can understand where you're coming from on that, and Epicurean philosophy certainly makes room for "gods" as everyone knows from the long threads on this site. However, Steindl-Rast - a Christian monk - successfully demonstrates that we can be grateful without bringing in God/god.

From my perspective, one danger of seeing a supernatural god/God as the recipient of gratitude sets up the possibility that thinking God/god can decide to take it away, to punish one for not being grateful to him/her. I think it's better to be grateful to "blessed Nature" or better other people and leave out the divine middleman.

That said, of course, I respect your right for you to be you 😊