

# The Spirit & Science of Gratitude

If you could take a PILL to Decrease...

- Depression
- Anxiety
- Risk of disease
- Chronic Pain
  - ♦ We'd all be taking it daily

# The Spirit & Science of Gratitude

## Give Thanks: Often and Passionately

- Once I have “it”... I’ll be grateful (Nope!)
- I’m grateful—that leads to me having “it”
- Scriptural Support Abounds— My eyes are opened (again)
- Scientific Support Updated
- Practical Exercises

# Modeling Jesus:

## Giving Thanks Comes When?!?

- ♦ Feeding the 5000 +women & children
  - Matt 14:19; Mark 6:41, Luke 9:26, John 6:11
- ♦ ...and the Day after
  - John 6:23
  - Then some boats from Tiberias landed near the place where the people had eaten the bread after the Lord had given thanks.
- ♦ Feeding the 4000 +women & children
  - Matt 15:36; Mark 8:6
- ♦ Offering the Bread & Cup
  - Matt 26:26-27; Mark 14:22-23; Luke 22:17,19; 1 Corinth 11:23-26



# Modeling Jesus:

## Giving Thanks Comes When?!?

- The Walk to Emmaus
  - ♦ Luke 24:30 - Gave thanks, broke bread, eyes opened, Jesus disappeared, hearts burning
- Lazarus
  - ♦ John 11:41 - So they took away the stone. Then Jesus looked up and said, "Father, I thank you that you have heard me. 42 I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me."

# The Science of Gratitude & Thanks

## Recent Research on Gratitude/Thankfulness

- Consistent practice of gratitude made people (vs. control group):
  - ♦ More happy, energetic, and hopeful
  - ♦ More helpful, spiritual, religious, forgiving
  - ♦ Less materialistic
  - ♦ Less likely to be depressed, anxious, lonely, envious, or neurotic
  - ♦ Reduced physical symptoms (headaches, nausea, even acne!)

# The Science of Gratitude & Thanks

## Neuroscience of Gratitude (Nurses):

- Less exhausted and less cynical
- More proactive behaviors
- Higher job satisfaction
- Fewer absences due to illness

Let's show some gratitude: Who...



## Exercise #1

### Express Gratitude Directly to Another

- Who has the Holy Spirit put immediately on your heart or in your mind?
- How would the Lord have you say thanks?
  - ◆ Write it down. Or type it out.
  - ◆ Be as detailed as possible
  - ◆ Phone them. Today. And read it to them

## Exercise #2

### Today & on Sunday for 6 Weeks:

“There are many things in our lives, both large and small, that we might be grateful about.” Think back over the events of the past week and write down on the lines below up to 5 things that happened for which you are grateful or thankful:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_