

Wellbeing - Gratitude

Introduction

Why are we looking at this in a well-being series? **5 facts about a life of gratitude:**

1. Gratitude increases your well-being

Medically its been shown that cultivating a life/attitude of gratitude - actually helps our mental, physical and sense of happiness unto 25%.

But this is not just a modern idea.

Psalm 103:1-3

*Praise the Lord, my soul;
all my inmost being, praise his holy name.
Praise the Lord, my soul,
and forget not all his benefits—
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.*

David is telling his soul! To be full of gratitude & then lists so me of the things he can praise God for.

- We may need to tell our soul!

2. Gratitude is a command & choice

These are the final words of Paul writing to a church - a list of exhortations... in the middle is this...

'Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.' (1 Thess 5:16-18),

This is an encouragement to CHOOSE to have gratitude - in what circumstances?

When its obvious that things are good? YES....

But not just then.... In ALL circumstances.

So, who was it that was actually saying these things? Someone who was having an 'easy life?' - did he practice what he preached?.... yes!

'...they seized Paul and Silas and dragged them into the marketplace to face the authorities. They brought them before the magistrates and said, "These men are Jews, and are throwing our city into an uproar by advocating customs unlawful for us Romans to accept or practice."

The crowd joined in the attack against Paul and Silas, and the magistrates ordered them to be stripped and beaten with rods. After they had been severely flogged, they were thrown into prison, and the jailer was commanded to guard them carefully. When he received these orders, he put them in the inner cell and fastened their feet in the stocks.

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.' **Acts 16:19-25**

How could he ???!!!! - he had developed this habit (**Phil 4:11** - *for I have learned to be content whatever the circumstances*) ... its a choice.

3. Gratitude is counter cultural

There are competing values that actually undermine the habit of gratitude.

Different lens that we are conditioned to see life through:

- Entitlement, what I deserve... can easily move to....
- Criticism & Complaint

4. Gratitude needs to be expressed

Its not just a however to feel grateful.... Learn to express - Daily

*I will exalt you, my God the King;
I will praise your name for ever and ever.
Everyday I will praise you
and extol your name for ever and ever. (Psalm 145:1-2)*

- What are some of the practices that I can do to choose to put on the lens of gratitude?
- A card, a txt, a journal....

5. Gratitude brings LIFE:

Gratitude positively impacts:

**your relationships,
your workplace,
your community,
your worship,
your witness (Acts 16)**

FINAL REFLECTION:

*What sort of person do you want to be?
What lens do you need to start putting on?
What can you do this week that will develop that habit of gratitude?*