



*Thanksgiving*

**Find Peace**

**Be More Kind**

**More Happy**

**More Generous**





**VIDEO**



# **Gratitude Is.....**

**Acknowledging a gift or act of kindness**

**Recognizing the value of the gift or act**

**Appreciating the gift and the giver**



# Gratitude Is.....

Always “Other-Directed”

toward God or other people

Helps us set aside “negativity” and

“grumpy attitude” toward life and others

**Research Studies  
Prove Gratitude  
Is the Key to  
Happiness**





# **Gratitude.....**

**Celebration of present circumstances**

**Blocks toxic emotions (highs/lows)**

**More stress resilient**

**Strengthens social ties and self-worth**







*Thanksgiving*



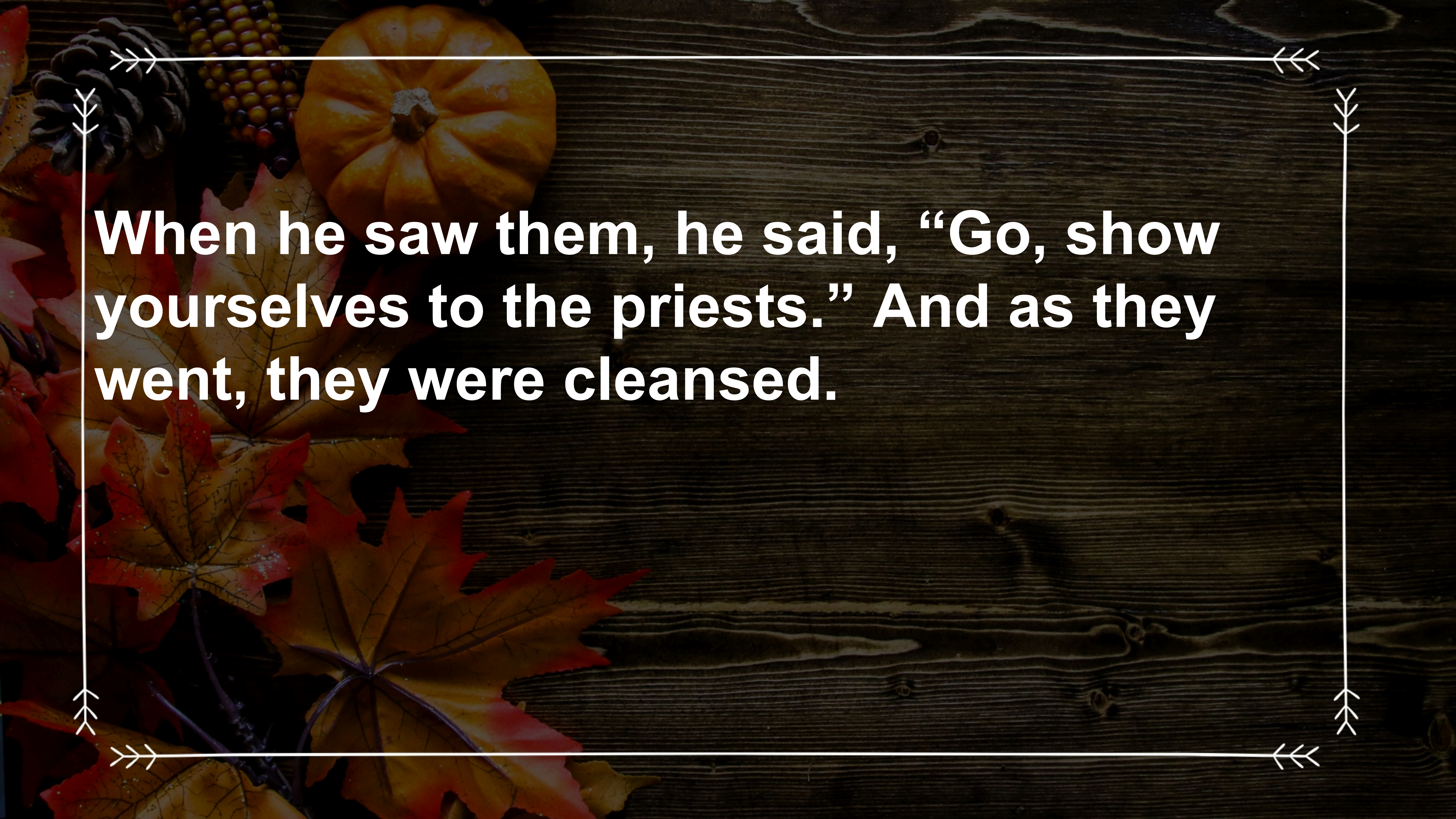
# Luke 17:11-19 page 1050

11 Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. 12 As he was going into a village, ten men who had leprosy met him.

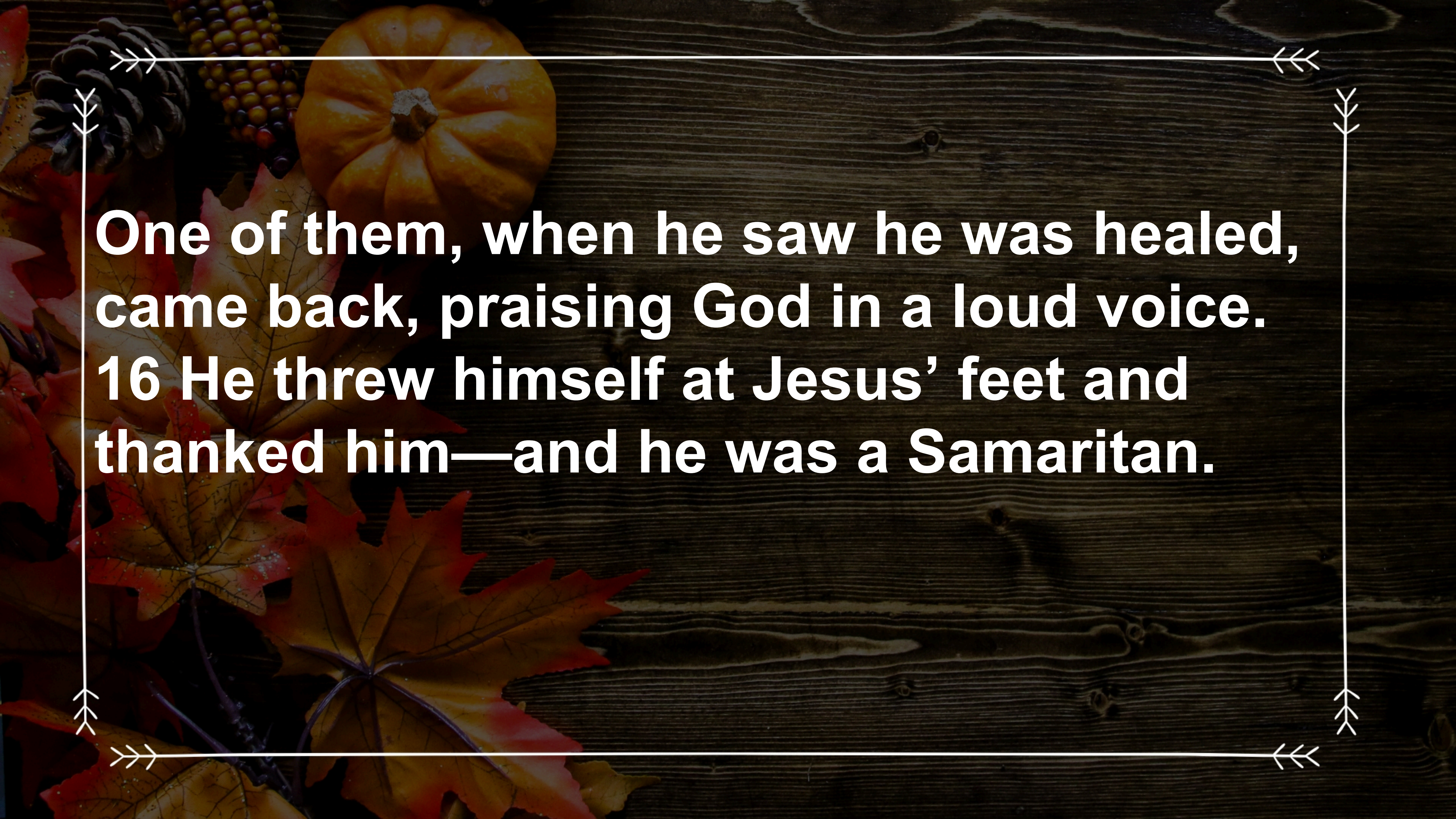


**They stood at a distance and called out in  
a loud voice,**

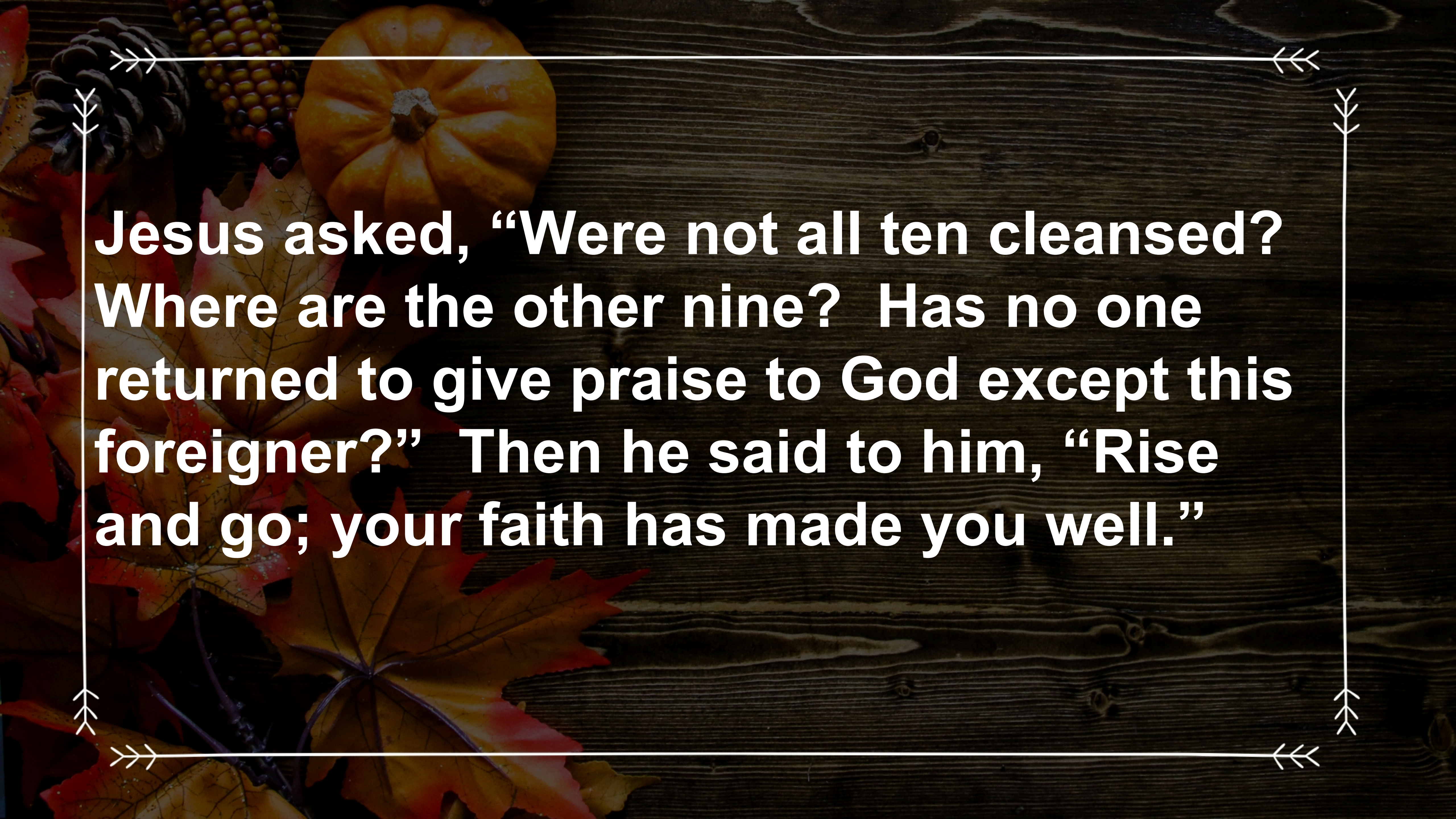
**“Jesus, Master, have pity on us!”**



**When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed.**

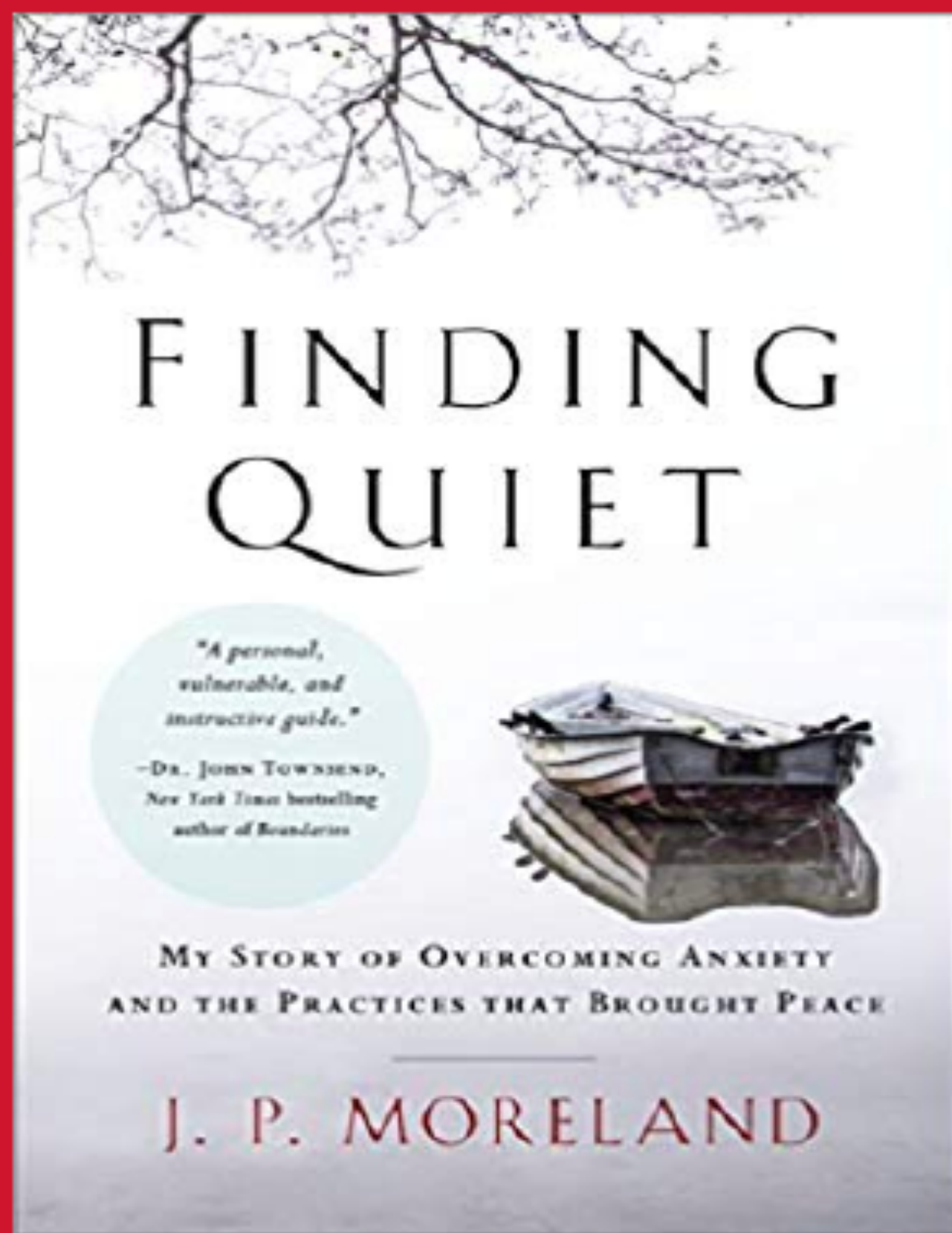


**One of them, when he saw he was healed, came back, praising God in a loud voice.  
16 He threw himself at Jesus' feet and thanked him—and he was a Samaritan.**



**Jesus asked, “Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?” Then he said to him, “Rise and go; your faith has made you well.”**





# DEALING WITH ANXIETY AND DEPRESSION

 **Think  
Biblically**

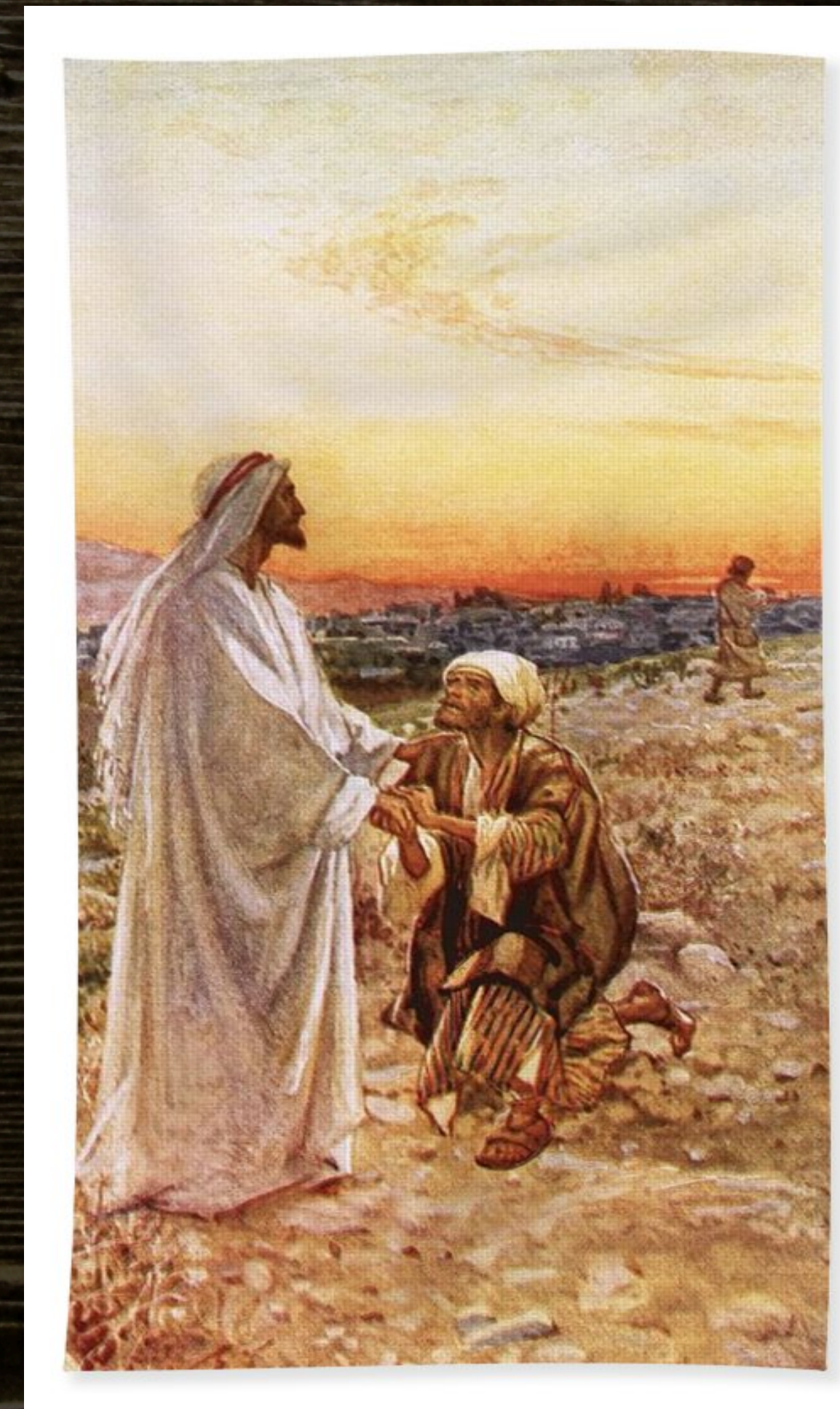


# Gratitude Opens My Eyes

**See myself and my needs**

**See who is available to help**

**See blessings around me**





**Video**



# Grateful: A Grateful Journal on the App Store

**Gratitude Moves My Feet**



**Return to Source of Blessing**

**Explore new Pathways of Response**

# God's Pathway Thru Trouble

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus”  
(Philippians 4:6-7).

# My Pathway Thru Trouble

I am not calm about anything, but in everything, by dwelling on it constantly and feeling picked on by God I present my aggravations to everyone I know, but Him.

And the acid in my stomach, which transcends all milk products, causes an ulcer, my doctor bills cause me a heart attack, and I lose my mind.

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**Gratitude Opens My Mouth**

**Express thanks to God**

**“Give thanks to the Lord,**

**for he is good;**

**his love endures forever.” Psalm 106:1**





# Gratitude Opens My Mouth

Express thanks to the  
people who have blessed  
you --- speak / write / visit

Expressing gratitude changes your life.





**Gratitude**

**Builds**

**Intimacy**





*Thanksgiving*