

Great Joy!
How To Be Grateful When You're Not

1. Understand the _____
Colossians 2:7 *Plant your roots in Christ and let him be the foundation for your life. Be strong in your faith, just as you were taught. And be grateful.*

2. Swap _____
Luke 17:15-18 *One of them, when he saw that he was healed, came back to Jesus, shouting, "Praise God!" He fell to the ground at Jesus' feet, thanking him for what he had done. This man was a Samaritan. Jesus asked, "Didn't I heal ten men? Where are the other nine? Has no one returned to give glory to God except this foreigner?"*

Key: I get to _____ every day

3. Remember how God has _____
Deuteronomy 7:18 *But don't be afraid of them! Just remember what the Lord your God did to Pharaoh and to all the land of Egypt.*

Key: _____

- a) Has anyone ever shown you kindness?
- b) Has God ever helped you?
- c) Has God ever answered a prayer?
- d) Have you ever had a "God-moment"?

4. Make your mind _____

- a) Make it _____
- b) Make it happen when _____

Ephesians 5:20 *Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*

Luke 12:25-26 *Can all your worries add a single moment to your life? And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things?*

Gratitude Options:

- (1) Daily thank God for 5-10 things from the last 24 hours
Add this to your family meal time
Fall asleep doing this
Do this while you are brushing your teeth at night
- (2) Mentally subtract positive events:
What would my life be like if I had never met...
- (3) Create a gratitude journal
Current challenges and what I'm learning from them
People I'm grateful for
Things going right in my life right now
- (4) Write one gratitude letter every week for 3 months

- **Don't just go through the motions.** Research by psychologist Sonja Lyubomirsky and others suggests that journaling is more effective if you first make the conscious decision to become happier and more grateful. "Motivation to become happier plays a role in the efficacy of journaling," says Emmons.
- **Go for depth over breadth.** Elaborating in detail about a particular thing for which you're grateful carries more benefits than a superficial list of many things.
- **Get personal.** Focusing on *people* to whom you are grateful has more of an impact than focusing on *things* for which you are grateful.
- **Try subtraction, not just addition.** One effective way of stimulating gratitude is to reflect on what your life would be like *without* certain blessings, rather than just tallying up all those good things.
- **Savor surprises.** Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.
- **Don't overdo it.** Writing occasionally (once or twice per week) is more beneficial than daily journaling. (AUTHOR UNKNOWN)

I am grateful for...