



Thanks *Living*

THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

“...simply expressing gratitude may have lasting **effects on the brain**. While not conclusive, this finding suggests that practicing gratitude may help **train the brain** to be more sensitive to the experience of gratitude down the line, and this could contribute to **improved mental health** over time”

Source: Greater Good Magazine: Science-Based Insights for a Meaningful Life, 2017

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1 Thessalonians 5:16-18

English Standard Version

¹⁶ Rejoice **always**, ¹⁷ pray **without ceasing**, ¹⁸ give thanks in **all circumstances**; for this is the will of God in Christ Jesus for you.

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Philippians 1:12-13

English Standard Version

¹² I want you to know, brothers, that what has happened to me **has really served to advance the gospel**, ¹³ so that it has become known throughout the whole imperial guard and to all the rest that my imprisonment is for Christ.

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Philippians 1:14

English Standard Version

¹⁴ And most of the brothers, having become **confident** in the Lord by my imprisonment, are **much more bold** to speak the word **without fear**.

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Philippians 1:15-17

English Standard Version

¹⁵ Some indeed preach Christ from envy and rivalry, but others from good will. ¹⁶ The latter do it out of love, knowing that I am put here for the defense of the gospel. ¹⁷ The former proclaim Christ out of selfish ambition, not sincerely but **thinking to afflict me** in my imprisonment.

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Philippians 1:18

English Standard Version

¹⁸ What then? Only that in every way, whether in pretense or in truth, **Christ is proclaimed**, and in that I **rejoice**. Yes, and I will **rejoice**,

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Philippians 1:19-20

English Standard Version

¹⁹ for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance, ²⁰ as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always **Christ will be honored** in my body, whether **by life** or **by death**.

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Philippians 1:21-24

English Standard Version

²¹ For to me **to live is Christ, and to die is gain.** ²² If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. ²³ I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better. ²⁴ But to remain in the flesh is more necessary on your account.

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Philippians 1:25-26

English Standard Version

²⁵ Convinced of this, I know that I will remain and continue with you all, for your progress and joy in the faith, ²⁶ so that in me you may have ample cause to glory in Christ Jesus, because of my coming to you again.

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Philippians 1:27-28

English Standard Version

²⁷ Only let your manner of life be worthy of the gospel of Christ, so that **whether I come and see you or am absent**, I may hear of you that you are standing firm in one spirit, with one mind striving side by side for the faith of the gospel, ²⁸ and not frightened in anything by your opponents. This is a clear sign to them of their destruction, but of your salvation, and that from God.

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Philippians 1:29-30

English Standard Version

²⁹ For it has been **granted to you** that for the sake of Christ you should not only believe in him but also suffer for his sake, ³⁰ **engaged in the same conflict** that you saw I had and now hear that I still have.

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Be grateful for the good God is
doing **even before you see it.**

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This Week's Gratitude Challenge:

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This Week's Gratitude Challenge:

“God, at this moment I can't see anything good about this situation, but I praise you by faith, knowing **your ability to do good** is not limited by **my ability to perceive it.**”

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