

# How cultivating gratitude is good for body and soul



# Biblical Gratitude

- Hallmarks
- Benefits
- Disciplines

Subjects assigned  
to daily journal and  
reflection

```
graph TD; A[Subjects assigned to daily journal and reflection] --> B[Events/conditions for which grateful]; A --> C[Daily hassles]; A --> D[neutral];
```

Events/conditions  
for which grateful

Daily hassles

neutral

(Emmons R, 2007)

- Generosity of friends
- Right to vote
- Library book
- Fresh tomatoes
- What I learned about computing today
- Healthy legs walked me to work
- My in-laws only live 10 minutes away...
- Hard to find parking
- Oven broke down
- 1 hour on hold trying to fix cancelled flight
- Pay my taxes
- Burned my macaroni
- My in-laws only live 10 minutes away...

Subjects assigned  
to daily journal and  
reflection

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Events/conditions  
for which grateful

Daily hassles

neutral

(Emmons R, 2007)

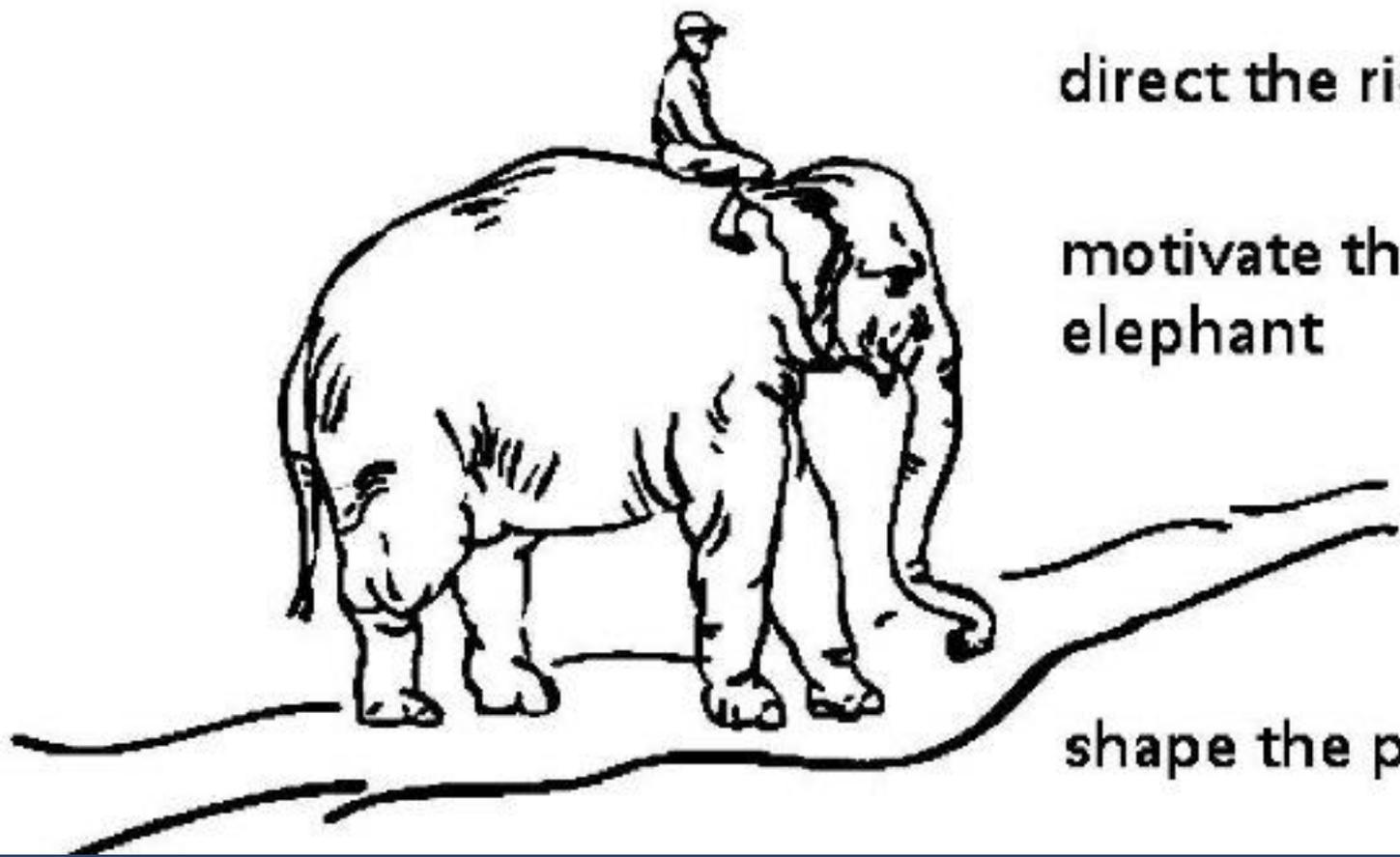
Range of positive mental health outcomes: subjectively more enthusiastic, attentive, energetic, determined and resilient.

Positive recall bias enhances encoding of positive aspects of life experience. Better social relationships, fewer physical stress-related symptoms

(Emmons R, 2007)

# Disciplines of Gratitude

- Decide for change.
  - Commit for the long haul and manage expectations
- New habits:
  - 'noticing'
  - Gratitude diary/ 10 mins counting blessing
  - Accountability and oversight
- Motivate the elephant! (psalm 69:3)



direct the rider

motivate the  
elephant

shape the path

# Heart change

IF YOU WANT TO BUILD A SHIP, DON'T  
DRUM UP THE MEN TO GATHER WOOD,  
DIVIDE THE WORK, AND GIVE ORDERS.

INSTEAD, TEACH THEM TO YEARN FOR  
THE VAST AND ENDLESS SEA.

ANTOINE DE SAINT-EXUPÉRY

