

MORE

I get more when I lean into
the practice of gratitude

Getting Started

Attitude Quiz

Which of the following statements are you more likely to make?

My car is running great right now!
My car just broke down!

I'm so glad my boss employees me
My boss is a huge jerk

My head is clear and pain free
I have a headache

Thank you God for hot water
My hot water heater exploded

My intestinal track is working flawlessly today
My stomach hurts

Going Deeper

Read and discuss the following quote

An article in the Journal of Social and Clinical Psychology evaluating all the literature in the field concluded that gratitude may have the highest connection to mental health and happiness of any of the personality traits studied. The conclusion: "Around 18.5 per cent of individual differences in people's happiness could be predicted by the amount of gratitude they feel." The Gratitude Diaries by Janice Kaplan

How is it possible that gratitude can have such a profound effect on our happiness?

Read [Deuteronomy 28:47,48](#). Why do you think it's so important to God that we learn the practice of gratitude?

David's defining characteristic was gratitude. Take a moment to meditate on the following verses in Psalms. Take note of what was going on in David's life when he made these statements

"But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. I lie down and sleep; I wake again, because the Lord sustains me. I will not fear though tens of thousands assail me on every side." [-Psalm 3:3-6](#)

Written when he was fleeing his son Absalom who wanted to kill him

"I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together. I sought the Lord, and he answered me; he delivered me from all my fears. Taste and see that the Lord is good; blessed is the one who takes refuge in him. The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit." [Psalm 34:1-4, 8, 17-18](#)

Written when he pretended to be insane in front of Achish. David was on the run from king Saul who was trying to kill him. He feared Achish would turn him in as a spy so he pretended to be insane

"You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings." [Psalm 63:1-7](#)

When David was in the desert of Judah. It's kind of like Lancaster. I think he was at a softball tournament.

Gratitude List

Research has been done on gratitude and scientists have discovered that gratitude results in increases in determination, attention, enthusiasm and energy compared to the other groups. Studies also reveal that keeping a gratitude journal also caused greater improvements in exercise patterns. Lastly, it also caused a reduction in physical ailments, so these subjects had fewer aches and pains. They found that higher levels of gratitude were associated with better sleep, and with lower anxiety and depression.

Take a moment to list what you are grateful for then share your ideas with your group.

I am grateful for...

Close in prayer to God thanking him for all that he has given to you in your life

