

GRATITUDE... THE HEALTHIEST EMOTION!

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"He who has a glad heart has a continual feast regardless of circumstances." Prov. 15:15

I. THE GIFT OF GRATITUDE - The healthiest of human

emotions are those that involve _____ ,
 _____ Gratefulness _____ and _____

II. AN ATTITUDE OF GRATITUDE - is directly associated with greater happiness, health, life satisfaction & longevity and is best activated by _____ in Faith
 & _____ in Fitness

III. THE POWER OF GRATITUDE -

Gratitude (or lack of it!) greatly influences my...

1. _____

"A happy heart is good medicine, but a broken spirit dries up the bones."

Prov. 17:22

2. _____

"A glad (grateful) heart makes a happy face; a broken heart crushes the spirit."

Prov. 15:13

3. Spiritual Vitality & Power

"And when they began singing and praying the Lord provided." 2 Chron. 20:22

IV. THE ATTITUDES OF GRATITUDE

Attitude (def): A way of feeling, thinking, or acting; the disposition or behavior of a person towards a situation, circumstance or cause.

GRATITUDE, EXERCISE & YOUR 4 HAPPY HORMONES

- Gratitude strengthens your mind, and exercise strengthens your body - activating every happy hormone in your body, giving you the healthiest emotional and physical life possible.

1. Gratitude that's _____ Luke 17:11-19

"But realize this that in the last days difficult times will come; for people will be... ungrateful." 2 Tim. 3:1,2

Key point:

Common Problem: Lepers (v.12)

Common Need: Healing (v.13)

Common Attitude: _____ (v.15)

• **DOPAMINE - "The Reward Hormone"**

Dopamine created a feeling of pleasure and reward, reinforcing the habit of being grateful

2. Gratitude that's Arrogant Luke 16:9-14

"Give thanks to the Lord. Call upon His name. Make known his deeds among the people. Sing to Him. Sing praises to Him. Speak of all His wonders." 1 Chron. 16:7,8

• **SEROTONIN- "The Mood Stabilizer"**

Serotonin boosts mood, reduces depression and brings calm

3. Gratitude that's Authentic Job 1:20-22

"And David said... I will not offer to the Lord my God that which costs me nothing." 2 Sam 24:24

• **OXYTOCIN - "The Bonding Hormone"**

Oxytocin is triggered by saying "thank you," appreciating others, or receiving kindness

4. Gratitude that's _____ Mrk. 14:3-9

"My cup overflows," Ps. 23:5

Overflowing Gratitude... that blesses others

• **ENDORPHINS- "The Pain Relievers"**

Acts of gratitude, especially through giving or serving, release endorphins