



What Are the Physical, Mental, Emotional, And Spiritual Health Benefits of Being Thankful?

Compiled by Karen Sue Nyquist

1. **“Cultivating the Healing Power of Gratitude to Retrain Your Brain”** - “The practice of gratitude can help retrain your brain to help reorient it out of despair.” (1) “Cultivating the Healing Power of Gratitude to Retrain Your Brain,” <https://www.caron.org/blog/cultivating-the-healing-power-of-gratitude-to-retrain-your-brain#>
2. **“Keep a Gratitude Journal”** - “By writing a daily gratitude list or journaling, we can retrain the neural pathway in our brains to see the positives in life rather than the negatives. Instilling it as a daily habit keeps the technique top of mind, so when adversity strikes or difficult situations arise, we have the resilience and ‘gratitude repertoire’ to keep things in perspective and heal more quickly.” (1)
3. **Benefits of Gratitude and of Being a Grateful Person**
 - a. “ ... improves our resilience, lowers stress, and boosts overall health.” (1)
 - b. “ ... tend to recover faster from trauma and injury”(1)
 - c. “ ... tend to have better and closer personal relationships and may even just have improved health overall.” (1)
 - d. “ ... creates this kind of bond, this enduring sense of connection, with another person or another organism (*pet*) who we’re poised to cooperate with.” (1)
 - e. “ ... has a “supporting relationship with love and interpersonal trust.” (1)
 - f. “ ... has “been shown to lower stress, reduce pain, and even improve our immune systems, blood pressure, and heart function.” (1)
 - g. “Slow down the aging clock.” “In older adults ... (*gratitude*) slowed down some of the effects of neuro-degeneration that often occurs as we age.” (2) “5 Reasons Why Giving Thanks is Good for You,” <https://www.google.com/gasearch?q=health%20benefits%20of%20thanksgiving&source=sh/x/g/m2/5>.
 - h. “Counting blessings boosts your health.” - There’s “less depression and stress, lower blood pressure, more energy, and greater optimism.” (2)
4. **“How to Change a Negative Attitude” - Focus on the Positive**

(3) <https://www.linkedin.com/pulse/how-change-negative-attitude-tonderai-gifrice-magaya>

 - a. “See the positive in everything.” Focusing on the negative is draining and will make those thoughts stronger. (3)
 - b. “Make a list of everything for which you’re grateful ... it will help you counteract any negative thoughts.” (3)
 - c. “Use positive words. The language you use ... influences your attitude.” (3)
 - d. “Surround yourself with positive people... (*it*) will help you change your attitude.” (3)
 - e. “Helping others and simple acts of kindness will do wonders for your attitude.” (3)
5. **God Created Us and Gave Us the Bible. - What are God’s instructions for us in the Bible about Gratitude and Positive Attitudes?**

(4) 7 Benefits of Gratitude: Day 3, November 25, 2020, <https://maninthepew.com/7-benefits-of-gratitude/>

 - a. See the positive in everything. “ ... in everything give thanks; for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:18). (4)
 - b. Grateful people can have a better relationship with God. “Enter into His gates (*presence*) with thanksgiving, *And* into His courts with praise. Be thankful to Him, *and* bless His name. For the Lord *is* good; His mercy *is* everlasting, *And* His truth *endures* to all generations” (Psalm 100:4-5).
 - c. “Thanksgiving reduces anxiety and leads to inner peace.” “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Philippians 4:6-7). (4)
 - d. “Gratefulness improves our physical and mental health” (Psalm 32:3-5,11). (4)
 - e. “Thankful people experience deep spiritual joy.” “Then our mouth was filled with laughter, *And* our tongue with singing ... The Lord has done great things for us, *And* we are glad” (Psalm 126:2-3).” (4)

- f. Choose contentment. One of the Ten Commandments is, “do not covet” (Exodus 20:17), which means do not envy others or be jealous of them. “Now godliness with contentment is great gain” (1 Timothy 6:6).
- g. Choose gratitude while disciplining our thoughts, will lead to being more positive. “Finally,...whatsoever things are true,...honest,...just,...pure,...lovely,...good report;...virtue, and... praise, think on these things” (Philippians 4:8).
- h. Gratitude and joy are often experienced together, “giving joyful thanks” (Colossians 1:12).
- i. Jesus, our example, often gave thanks (Matthew 11:25; 15:36; John 11:41; Luke 22:17).

6. Quotes about Negative and Positive Attitudes

(5) 39 positive attitude quotes to stop negative thoughts + freecards <http://s://leanjumpstart.com/picture-quotes/positive-attitudes-quotes/>

- a. “Pessimism leads to weakness, optimism to power.” William James (5)
- b. “You cannot have a positive life and a negative mind.” Joyce Meyer (5)
- c. “Self-pity is our worst enemy and if we yield to it, we can never do anything wise in this world.” Helen Keller (5) (She lost both her sight and hearing as a young child.)
- d. “It is impossible to feel grateful and depressed at the same moment.” Naomi Williams (5)
- e. “A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results.” Wade Boggs (5)

Which Attitudes Will I Choose?

By Karen Sue Nyquist

Which attitudes will I choose? I'm so tired of the blues.
 My anger, I must release, I'd prefer to have some peace.
 Hate and bitterness just destroy! What happened to my love and joy?
 When I'm playing the blame game, My denial brings me shame.
 No more trying to hide my pride, I need humility inside.
 My mind is so full of despair, is there any hope out there?

Panic attacks in the night, I get no sleep, only fright.
 Worry and fear, go you must! There must be someone I can trust.
 My heart is so resentful, I really want to be more thankful.
 I'll not covet, I'll be content, I'll choose attitudes of gratitude!
 No more of my pity parties, it'll be my choice to rejoice!
 I must forgive and forget, I just have to get over it.

Suggested prayer:

Jesus, You are always near! When I pray, You will hear!
 I repent of my sin. Please, forgive me and come on in.
 Savior, my heart I give to You. Do what only You can do.
 Lord, save, heal, and deliver me, then I know I'll be truly free!
 Being a victim is not my story, Your victory will be my glory!
 With You, today is a brighter day! Thank You, in Your name I pray.
 Amen!

Now that you've asked Jesus into your heart, being grateful and more positive will be easier. Also, follow the suggestions in this article. Spend time with Jesus by talking to Him. Read the Bible, where He reveals Himself. Daily, ask Jesus to become involved in your life and request His direction, even correction. Obey Him when He reveals His will to you. Spend time with others who love God too. Go to a good church where you feel God's presence, they preach the Bible, and you can fellowship with others who are positive and grateful. Please, come visit us at our church. Here you can get baptized in water and filled with the Holy Spirit.

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