

Enough with the Complaining Be Happy Series, Part 2

A joyful, cheerful heart brings healing to both body and soul. But the one whose heart is crushed struggles with sickness and depression. **Proverbs 17:22 (TPT)**

Article from *positivepsychology.com* tells of the benefits of gratitude...

- Gratitude releases toxic emotions.
- Gratitude reduces pain.
- Gratitude improves sleep quality.
- Gratitude aids in stress regulation.
- Gratitude reduces anxiety and depression.

"How We Choose To Be Happy," authors made this comment about gratitude, although they called it appreciation. They wrote...

Appreciation is transformation... awareness... acknowledging others... fully living in the moment... elevating life... appreciation is the way we open the emotional floodgates and let our happiness flow into the world.¹

GRATITUDE IS THE GATEWAY TO GOD'S PEACE (SHALOM).

Rejoice [*chario - to be glad, connected with grace*] in the Lord always [*at hand*]; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be **anxious** [*pulled apart, pulled in many directions, go to pieces*] **about anything**, but in everything [*Romans 8:28*] by prayer and supplication with thanksgiving [*eucharistia - thankful for God's grace*] let your requests be made known to God. And the **peace** [*opposite of anxious, to be joined, Greek word for SAHALOM*] **of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:4-7 (ESV)

¹ Adapted from the book **How We Choose To Be Happy**, by Rick Foster and Greg Hicks, copyright 1999, p. 152.

Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is **excellent** or **praiseworthy**—think about such things. **Philippians 4:8 (ESV)**

Closing Challenge

- Try a Gratitude Journal for 30 days
- Try speaking a good word of gratitude to at least one person everyday
- Try speaking some positive affirmations over yourself