

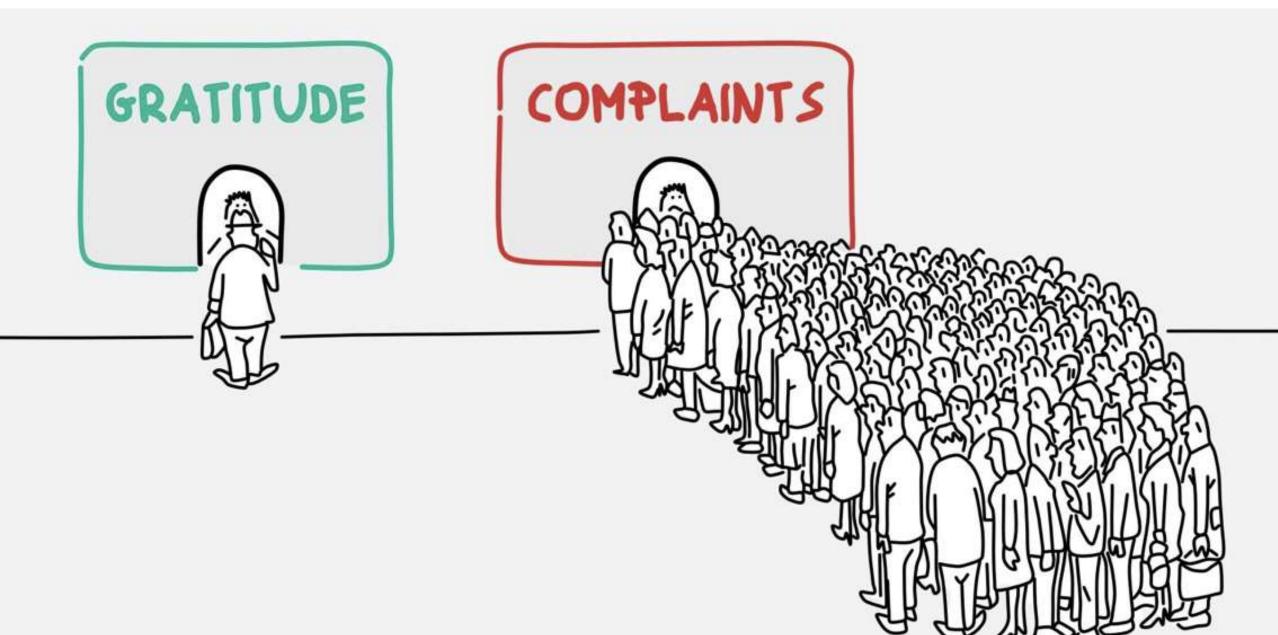
What exactly is gratitude?

• Gratitude is the quality of being thankful, appreciative, and recognizing the value of what one has.

 Gratitude goes beyond a polite "thank you" and involves a deeper sense of appreciation and mindfulness.









Luke 17

Effects of Complaining:

- 1. Negative Mindset:
- 2. Stress and Anxiety:
- 3. Impact on Relationships
- 4. Health Consequences:
- 5. Problem-Solving Impairment

Effects of Gratitude:

- 1. Positive Mindset
- 2. Improved Mental Health
- 3. Enhanced Relationships
- 4. Physical Well-Being
- 5. Increased Resilience



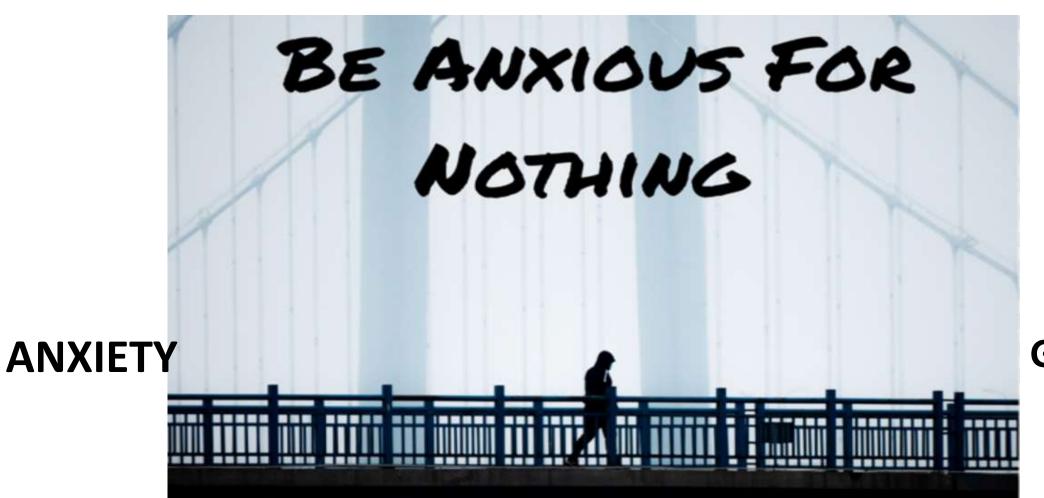
Philippians 4:6-7 NIV

• 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



The bridge between ANXIETY and THE PEACE OF GOD Is Prayer with thanksgiving"





Prayer and petition, with thanksgiving

GOD'S PEACE

I. What to avoid in the process of becoming an emotionally healthy person V.6a

• "Do not be anxious about anything"



II. Make a better choice. V.6b

 but in every situation, by prayer and petition, with thanksgiving, present your requests to God

GRATITUDE living a life of thankfulness

III. Just follow the instructions and you will see results. V.7

•What are the results?

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