



**G2G**

**P4P**

**Beau Schilling**



Gratitude to God  
gives  
Power for Peace

Psalm 100

*Grateful*

*For the Lord is Good*



# Giving thanks and praise frees

*from*  
the crazy speed of always needing more  
*to*  
intimacy and rest.





# Where did craze arise? Praise die?

For years and years  
I chased their cheers  
The crazy speed of always *needing more*

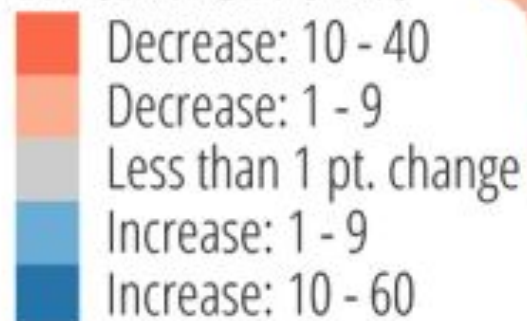


lyrics from  
From Now On  
The Greatest Showman



# CHANGE IN CHRISTIAN PERCENTAGE OF POPULATION 1970-2015

## DIFFERENCE IN PERCENTAGE POINTS



DATA: Todd M. Johnson and Gina A. Zurlo, eds. *World Christian Database* (Leiden/Boston: Brill, accessed May 2017)

DESIGN BY:  [cartoMission.com](http://cartoMission.com)




 Gallup News

## Drop in U.S. Religiosity Among Largest in World




Nov 13 • By Benedict Vigers & Julie Ray

 Axios

## U.S. faith levels plummet to lowest on record



Nov 13 • By Russell Contreras

 Crosswalk.com

## Gallup Study: Under Half of American Adults Value Religion in Daily Life - Milton Quintanilla



Nov 18 • By Milton Quintanilla





# Where does praise arise? Craze die?

But when I stop  
And see you here  
I remember who all this was for



lyrics from  
From Now On  
The Greatest Showman





# Oswald Chambers

“A saint is never consciously a saint— a saint is consciously dependent on God.”

utmost.org Nov 15 “What Is That to You?” John 21

Dt 8 ... you shall remember ... bread alone ...

> Am I consciously dependent on GOD?





# Daily prayer in the parking lot

Jesus,

“I need you today. Speak into me and speak through me today. May I be your humble vessel. I need you, my Lord.”

Amen

Then look [ahead or back] for those “divine appointments” and give thanks.





# Run into the chaos

Beau: “No! I don’t want to see her. She’s crazy!”

Beau: “She never takes my advice.”

God: “She needs me. Love her where she’s at.”

Jesus listens. Jesus loves.

“Listen, listen; love, love.” Kairos





# Jesus runs towards problems

not by rushing in, but by facing them with divine purpose, vulnerability, and faith, showing believers to run to Him for strength, lean into God's plan (not escape trouble), and find peace knowing He's already overcome the world's challenges, teaching us to endure by focusing on eternal hope and seeking His presence, not avoiding hardship.





Gratitude gets *physical* in Ps 100

---

Psychology of gratitude (secular)

Execute by exegeting Ps 100



# Gratitude (secular science)

---

more than a “thank you” ✓

complex emotional state and cognitive process

recognizes value independent of monetary worth

(Emmons)



# Gratitude

---

received good things in this world

source of goodness is outside ourselves

> buffer against narcissism and entitlement



# Expressing gratitude

---

rewards hypothalamus which regulates stress (dopamine, serotonin)

activates medial prefrontal cortex (decision making, social)

neurons that fire together, wire together (brain learns to scan for positives rather than threats)



# How gratitude leads to happiness

---

disrupts hedonistic adaptation (diminishing joy from old gift)

strengthens good relationships (find, remind, bind; Algoe)

counters negativity bias (primal evolutionary adaptation)

Gratitude is a cognitive override. It forces the brain to scan for the positive, balancing out our natural tendency to fixate on problems.



# Benefits of gratitude

<b>Mental</b>	Reduced symptoms of depression and anxiety; increased resilience to trauma.
<b>Social</b>	Increased empathy; reduced aggression; higher likelihood of helping others.
<b>Physical</b>	Improved sleep quality; lower blood pressure; stronger immune response.



# Getting verbal, physical and going public

---

How does it help to audibly, verbally, corporately express gratitude?

While the internal feeling of gratitude is powerful...

moving it from a private thought to a shared, spoken experience changes the biological and psychological impact.



# Getting verbal, physical and going public

---

How does it help to audibly, verbally, corporately express gratitude?

When you express gratitude audibly (out loud), verbally (using specific language), and corporately (together with others), you trigger three distinct mechanisms that private gratitude cannot access.



# Production effect: saying > thinking

---

speaking makes brain tag info as more significant  
(memory encoding)

speaking is an act (production), info more retrievable or “sticky”

self hearing (physically hearing your own voice)



# Self hearing

---

creates a double-encoding loop:  
you generate the thought (cognitive),  
you produce the sound (motor), and  
you process the sound (auditory).

This convinces your brain of the reality of the gratitude more effectively than a silent thought.



# Witnessing effect: corporate > individual

---

groups trigger social contagion

witnessing act of gratitude affects observers too

signals group is a safe place where value is recognized

prosocial behavior: people who witness thanksgiving statistically more likely to help others, primed for generosity



# Physiological synchronization: one body

---

unison speech, sing, chant produces biological synch

HR, RR when singing and chanting

expressing positive emotion in groups  $\uparrow$ OT,  $\downarrow$ Cortisol



# Corporate gratitude: Cultural glue

---

values: seeing someone support a struggling colleague tells the group that support is valued above production/speed

safety: reduces status anxiety, less competition driven, more contribution appreciation



## Summary (secular science)

---

Thinking gratitude changes your *mood*;  
speaking gratitude changes your *brain*;  
sharing gratitude changes your  
*environment*.





# Ps 100

---

Execute by exegeting the text

A1: psychology of gratitude

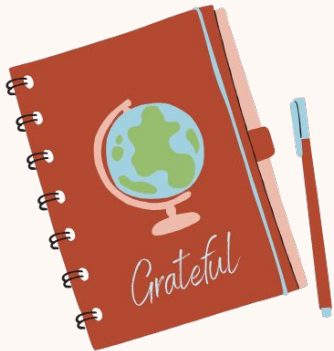
A2: how does it help to audibly, verbally, corporately express gratitude





## AI3: Psalm 100 Hebrew structure

“It is remarkable how perfectly the Hebrew structure of Psalm 100 mirrors the psychological principles of audible and corporate gratitude we just discussed. The Psalm is not a random collection of phrases; it is a carefully engineered "liturgical script" designed to move a group of people from scattered individuals into a unified, grateful body.”





# Ps 100 Hb structure

---

Chiasm: ABCBA

mirror with main point in the center

v3

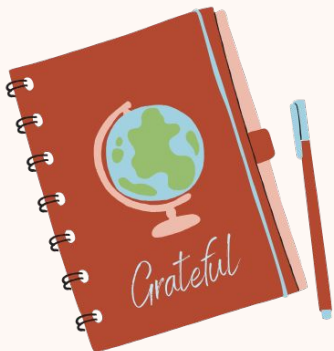
**Know ye that the LORD he is God: it is  
he that hath made us, and not we  
ourselves; we are his people, and the  
sheep of his pasture. KJV**





# Getting verbal, physical and going public

- **A: The Universal Call** (v. 1)
  - *Hariu* (Shout) to the Lord, all the earth.
- **B: The Approach** (v. 2)
  - *Ivdu* (Serve) Him with gladness.
  - *Bou* (Come) before Him with singing.
- **C: The Central Pivot (The Cognitive Shift)** (v. 3)
  - Know (*Deu*) that *Yahweh* is God. It is He who made us, and we are His.
- **B': The Arrival** (v. 4a)
  - *Bou* (Enter) His gates with thanksgiving (*Todah*).
- **A': The Specific Call** (v. 4b)
  - *Hodu* (Give thanks) to Him; *Barechu* (Bless) His name.





# Ps 100 context: The Todah

---

Ps 100 entitled Mizmor l'Todah  
A Psalm for the Thanksgiving Offering

Todah: sacrifice offered when someone survived  
life-threatening situation  
offerer: stand in temple court, raise hands, tell the story  
meal after: meat eaten same day, so had to invite, family,  
friends, the poor – you cannot Todah (gratitude) alone





# Getting verbal, physical and going public

---

Psalm 100 is not a poem to be read silently in a chair. It is a **processional rubric**. It was designed to get people moving, shouting, and singing together to physically synchronize their bodies and minds into a state of gratitude.





# Getting verbal, physical and going public

---

Two big words: Hodu and Barak





# Hodu

---

“Give thanks” doesn’t even come close.

Hodu (הוֹדוּ) root Yad

Yad (יָד) hand

Yadah (יָדָה) verb form of Yad, to throw

Vidui (וִדּוּי) same Yad root, to confess





# Hodu

---

“Give thanks” doesn’t even come close.

Hodu is a physical, active, casting out, **ballistic, shooting, a forceful, outward** movement away from self.

Hodu evokes the image of throwing the praise *away* from self and towards the Giver.





# Hodu, *Orans* posture

---

Hands up: no weapons

Vitals exposed: vulnerable

Empty hands: all I have





# Hodu

---

“Give thanks” doesn’t even come close.

Vidui (same root) means confession.





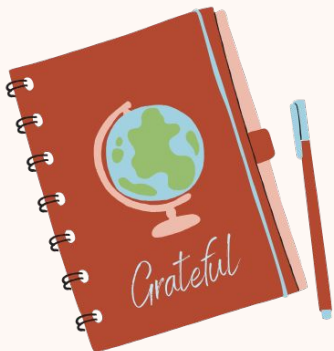
# Hodu

---

In the Hebrew mind, "Confessing a Sin" and "Confessing Thanks" are the exact same mechanism. Why?

- **Confessing Sin:** You stop hiding and point to the truth about *yourself* ("I did this wrong").
- **Confessing Thanks:** You stop pretending and point to the truth about *God/Others* ("You did this right").

**Psychological Insight:** Both acts are a **surrender to reality**. When you *Hodu*, you are "confessing" that you are not self-made. You are publicly admitting that you are dependent on an outside source.





Ps 100:4, ESV

---

Enter his gates with thanksgiving,  
and his courts with praise!

Give thanks\* to him; ble**ss**\*\* his name!

\*yada/hodu

\*\*barak





# Barak

---

“Bless” or “praise” don’t even come close

represents the deepest level of the gratitude process  
*counters* the intro excitement of Hariu (shout)





# Barak, pl Barechu, etymology

---

same root as Berekh

knee

blessing and kneeling are inseparable in Hb

“to bend the knee”





# Barak root: bending the knee, rooting

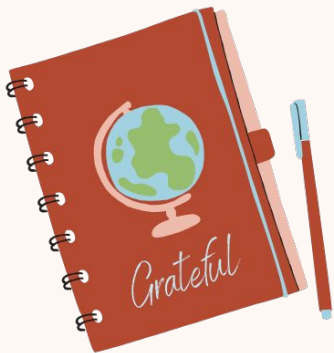
---

1 bending the knee

psychology: making ourselves small, lower stature, voluntary submission; antidote to ego

2 rooting

agriculture: rooting a graft (vine, cactus, tree), finding new source of life





# Barak etymology, application

---

Gratitude isn't just a "high" (dopamine).

It is a grounding (serotonin/safety).

By "bending the knee" (barak), you are rooting yourself in the reality of the relationship. You are finding rest.



“Jesus levels us all at the foot of the cross.”





Get verbal, physical, and go public!

---

Choreography of the escape  
from always needing more!



<b>Verse</b>	<b>Hebrew Action</b>	<b>Physical Posture</b>	<b>Psychological State</b>
<b>v. 1</b>	<b>Hariu</b> (Shout)	<b>Lungs/Voice</b>	<b>Arousal:</b> Waking up the nervous system. High energy.
<b>v. 2</b>	<b>Ivdu</b> (Serve)	<b>Whole Body</b>	<b>Action:</b> Moving from feeling to doing.
<b>v. 4a</b>	<b>Hodu</b> (Thanks)	<b>Hands Up</b> ( <i>Yadah</i> )	<b>Vulnerability:</b> Casting credit away. "Hands open."
<b>v. 4b</b>	<b>Barak</b> (Bless)	<b>Knees Down</b> ( <i>Berekh</i> )	<b>Grounding:</b> Submission and intimacy. "Finding rest."

# All Creatures of Our God and King

*Grateful*

All creatures of our God and  
King,

Lift up your voice and with  
us sing

Alleluia, alleluia!

Let all things their creator  
bless,

And worship him in  
humbleness,

O praise him, alleluia!

# Praise the Lord! Ye Heavens Adore Him

---

*Grateful*

Praise the Lord! for He is  
glorious;  
never shall His promise fail;  
God hath made His saints  
victorious;  
sin and death shall not  
prevail.

Worship, honor, glory,  
blessing,  
Lord, we offer unto Thee;  
young and old, Thy praise  
expressing,  
in glad homage bend the  
knee.



# Giving thanks and praise frees

*from*  
the crazy speed of always needing more  
*to*  
intimacy, rest. ♡ ✝

Application: vulnerable moments



# Application: Clients

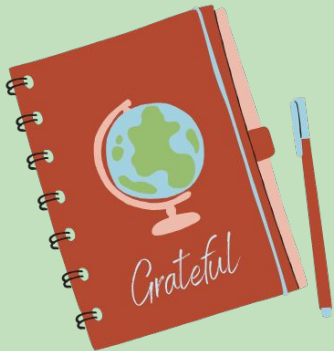


Treatment decisions:

It's my job to advocate for your pet. Here are some options and possible outcomes. You take some time, integrate your feelings, consider the bigger picture with your resources and family. I want you to know that I will respect whatever decision you make.

[choice, control]

Few are disciples, most are agnostic. Be kind and gentle.



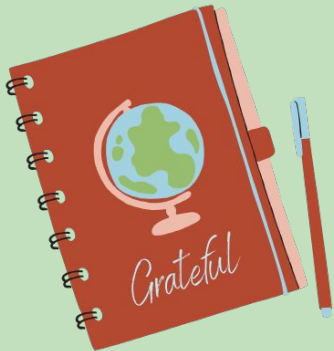
# Application: Clients



Empathy statement:

I know that you love your pet. Most pets in this condition don't even get to come to the vet. They suffer and die, perhaps unnoticed, at home or on the street. That you brought your pet here unquestionably shows that you love and care about him/her.

Few are disciples, most are agnostic. Be kind and gentle.



# Applications: Clients

---



Euthanasia:

Thankful for pet's life and all that God has done in their lives during the time they've had this pet.

Encourage to hold grief and gratitude at the same time.

Remind parents that children are looking to them to see what healthy grief looks like.





# Euthanasia prep monologue

---

thank them for having the courage to schedule  
describe patient's physical/psychological decay; validate decision  
ask for questions: any what-ifs?  
describe what will happen and possible complications  
resource on grief, hold grief and gratitude concurrently  
pets bookend chapters of our lives  
explain what happens with/to body after death  
offer to pray or push drugs

Few are disciples, most are agnostic. Be kind and gentle.



# Euthanasia prayer



thank God for the gift of (pet), all creation points to you  
pets show us joy for life, gratitude, and unconditional love  
we all must suffer and die, TY for going before us, we trust you  
thank God for the family/persons present  
grieve in a healthy way, reach out  
send card [rememberapet.org](http://rememberapet.org) (CVM)





# Euthansia, heaven

---

Heaven and hell are confusing terms in English. You need to know and understand what The Bible says.

Keep conversation light at euthanasia. Heaven will be far more than our earthly minds can comprehend, articulate or imagine.

Trust in God. That is enough.

YT: David Pawson, Life After Death





# Application: Staff

---

Curiosity, empathy. Listen, listen; love, love. 5:1 P:C ratio Gottman.

Rounds and BOD and EOD: sad/mad/glad

What frustrated you today? unexpected joy today? → gratitude

Deeper personal conversations during surgery: concerns and stories of triumph/trial

They're watching you. Are they seeing Christ?

Reflect on that. Be humble, vulnerable.



Few are disciples, most are agnostic. Be kind and gentle.



# Application: Self

---

I am a sinner and fall short of the mark. Hourly.

You are enough. (lie) Childers: Live Your Truth (and other lies)

Christ alone is enough and He alone is my hope, my life, my salvation.

Grace for self, grace for others (clients, staff, friends, family).

Parking lot prayer; reflect.

Read and reread thank you cards. They are an offering. Receive them as a gift from the LORD.



Be still and know that I am GOD. Ps 46:10



# Application: Self

---

Not comparing/coveting; appreciating differences; grace.

Learning new things. Curiosity. Question. Wonder.

Faithful to what Christ has called me to do. Eternal focus.

Christ is enough; all I need is found in Him.

I have enough; I am thankful.





# intimacy, rest, ergo, serve, bless...

---

Freely, Freely...

“It’s not about you and me; it’s about a savior named Jesus;  
go make Him famous.” ♡ ✝

Beau Schilling 979-820-1872



Citations: David Pawson, Alisa Childers,  
Oswald Chambers [utmost.org](http://utmost.org), Gottman  
[rememberapet.org](http://rememberapet.org)