

Psalm 100:4 Enter his **Gates** with **Thanksgiving** and his **Courts** with **praise**; give **thanks** to him and **praise** his name.

- Gates = **LEGAL** entrance Courts = **Fellowship Energy & Power** → easier to **Let Go of Self** - Focus
- When we **VERBALIZE** Thankfulness for what he did for us, our **Focus** immediately shifts to how much he **DESERVES** to be praised.

1 Corinthians 10:16 Is not the **cup of thanksgiving** for which we give **thanks** a participation in the **BLOOD** of Christ?

5 Research studies on gratitude

1. Robert A. Emmons, Ph.D., at the University of California at Davis and his colleague Mike McCullough at the University of Miami, randomly assigned participants were given one of three tasks. Each week, participants kept a short journal.
 - a. One group briefly described 5 things they were **grateful** for that had occurred in the past week,
 - b. another 5 recorded daily **hassles** from the previous week that displeased them,
 - c. and the neutral group was asked to list 5 events pos. or neg.

Ten weeks later, participants in the **gratitude** group felt better about their lives as a whole and were a full **25 percent happier** than the hassled group. They reported fewer health complaints, and **exercised** an average of **1.5 hours more**.
2. It seems that the **more grateful** a person is, the **less depressed** they are. Philip Watkins, a clinical psychologist at Eastern Washington University, found that clinically depressed individuals showed **significantly lower gratitude (nearly 50 percent less) than non-depressed individuals**.
3. Dr. John Gottman at the University of Washington has been **researching marriages for two decades**. The conclusion of all that research, he states, is that **unless** a couple is able to maintain a **high** ratio of **positive to negative** encounters (**5:1 or greater**), it is likely the **marriage will end**.

With **90 percent accuracy**, Gottman says he can **predict**, often after **only three minutes** of observation, which marriages are likely to flourish and which are likely to flounder. The formula is that for every negative expression (*a complaint, frown, put-down, or expression of anger*) there needs to be about five positive ones (*smiles, compliments, laughter, expressions of appreciation and gratitude*).
4. Dr. Martin E. P. Seligman, a psychologist at the University of Pennsylvania, tested the impact of various positive psychology interventions on **411 people**, each compared with a **control** assignment of writing about early **memories**.

When their week's assignment was to **write** and **personally deliver** a letter of **gratitude** to someone who had **never been properly thanked** for his or her kindness, participants **immediately exhibited a huge increase** in happiness scores. This **impact** was greater than that from any other intervention, with benefits lasting for a **month**.
5. Researchers comparing the **immune systems of healthy**, first-year law students found that, by midterm, students characterized as **optimistic** maintained **higher numbers of blood cells** that **protect the immune** system, compared to their **more pessimistic** classmates.

Psalm 35:18 I will give you **thanks** in the **great assembly**; among the **throngs** I will praise you.

Psalm 56:12 I am under **vows** to you, my God; I will present my **thank** offerings to you

1 Chronicles 23:30 Stand **EVERY MORNING** to **thank** and praise the Lord. They were to do **the same** in the **evening**

2 Final Thoughts

“1,000 Gifts by Ann VosKamp” – FIRST sin – by Eve – lack of Thankfulness!

Thankfulness – ONLY weapon to which Satan has NO RESPONSE!!, / Story of Stephen!!