



1. The good life begins, not when circumstances change, but when our attitude towards them does.

“Don’t worry about anything, instead, pray about everything. Tell God what you need, and thank God for all he has done. Then you will experience God’s peace, which exceeds anything we can understand.” Phil 4:6-7 NLT

“Worry refuses to share the heart with gratitude. One heartfelt thank you will suck the oxygen out to worry’s world.” Max Lucado

Actual scientific benefits of Gratitude

1. We are happier
2. We are more likable
3. We are healthier



<https://www.happierhuman.com/benefits-of-gratitude/>

A simple formula to develop an Attitude of Gratitude:

1. When you feel pleasure or contentment, pause.
2. Label your feeling using language; speak out loud or think to yourself, “thank you God”.
3. Close your eyes briefly and try to memorize the moment, and what you are grateful for.

2. Focus more on what you do have and less on what you do not.

“I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through Christ who gives me strength.” Phil 4:11-13



3. Learning what I have in Christ is greater than what I do not have in the world.

So What Will You Do With Your 1,440 minutes?



Think about it

Either in your small group or on your own, take some time to think about and answer the following questions. Remember it is always good to start this time with prayer.

1. Take a few minutes to think seriously about what you are grateful for.
2. Why is it sometimes hard to remember to be grateful.
3. Memorize Philippians 4:6-7. Read it through several times out loud. What about the verse jumps out at you?
4. What does it mean to learn what you have in Christ is greater than what you do not have in the world?
5. How many of your 1,440 minutes of each day do you use well and wisely?

Going Deeper.

Go to the web-site that is given to you on the other side of your outline. Read through the scientific benefits of having an attitude of gratitude. It will help you understand why God's word is so clear on this issue

