



NEW COVENANT CHURCH

Healing OF THE SOUL

PART
FOUR

*Giving Thanks is Good
For Your Soul!*

And let the peace of God rule in your hearts, to which
also you were called in one body; and be thankful.

Colossians 3:15

PAASTOR BRYAN HUDSON, D.Min.

1 Thessalonians 5:18

***In everything give thanks;** for this is
the will of God in Christ Jesus for you.*

Colossians 1:12 (NIV)

ALWAYS THANKING THE FATHER.

He has enabled you to share in the inheritance that belongs to his people, who live in the light.

**Giving thanks opens you spirit, soul,
and body to receive STRENGTH**

Psalm 29:11

*The Lord **gives strength to his people;**
the Lord blesses his people with peace.*

God's "strength" is not only spiritual but material and physical.

Hebrew word: **ֹז**, 'ōz (Pronounced "oze")

Psalm 29:11, *The Lord gives **strength** to his people; the Lord blesses his people with peace.*

2 Samuel 6:14, *And David danced before the LORD with all his **MIGHT** and David was girded with a linen ephod*

2 Chronicles 30:2, *And the Levites and the priests praised the LORD day by day, singing with **LOUD** instruments unto the LORD.*

Giving thanks and Having Gratitude has **ACTUAL, PHYSICAL** benefits!

Documented in research studies with people:

- National Institutes on Health
- University of California at Berkeley

<https://greatergood.berkeley.edu/pdfs/GratitudePDFs/6Emmons-BlessingsBurdens.pdf>

<https://pubmed.ncbi.nlm.nih.gov/12585811/>

“GRATITUDE WORKS” by Robert Emmons, Ph.D.

- Counting blessings boosts your health. Emmons’ and McCullough’s research showed that grateful people had less depression and stress, lower blood pressure, more energy, and greater optimism.
- Slow down the aging clock. In older adults, Emmons and McCullough found, a daily practice of gratitude even slowed down some of the effects of neurodegeneration that often occurs as we age.

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- Put the brakes on stress. Cortisol is often called the “stress hormone,” and when our bodies produce too much, it can deplete the immune system and raise blood sugar levels.
- A study conducted at the Institute of HeartMath Research Center in California found that **positive emotions like appreciation significantly lowered levels of cortisol.**

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- Participants in the daily gratitude condition were more likely to report having helped someone with a personal problem or having offered emotional support to another

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- In a sample of adults with neuromuscular disease, a **21-day gratitude intervention** resulted in greater amounts of high energy positive moods, a greater sense of feeling connected to others, more optimistic ratings of one’s life, and better sleep duration and sleep quality, relative to a control group.
- Children who practice grateful thinking have more positive attitudes toward school and their families (*Froh, Sefick, & Emmons, 2008*).

If giving thanks and having gratitude enhances of quality of life for people who do not worship God, **how much more** will Christ followers benefit?

Things we do in our own strength may bring some **RELIEF**, but what we do with God's help produces **LASTING VICTORY!**

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