

# How cultivating gratitude is good for body and soul

## Glynn Harrison: Seminar 2

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### HOW TO USE THIS RESOURCE

This seminar is the second in a series of four. You can watch the seminars on your own or with your church, small group, youth group or friends. The questions/reflections provided may help you discuss and work through how to apply what you've learnt to your own life.

### WATCH THE VIDEO:

[Seminar 2:  
tinyurl.com/yc8d9vmd](https://tinyurl.com/yc8d9vmd)

### SEMINAR OUTLINE

The Bible is unequivocal in calling followers of Christ to gratitude and thanksgiving. But what do psychological studies show about the impact of counting our blessings? Does an attitude of gratitude enhance well-being and mental health? Or might being over-grateful undermine self-confidence and cultivate a naïve 'Pollyanna-ism' that runs counter to common sense? How can we cultivate healthy, life-giving habits in our personal formation in Christ?

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### QUESTIONS

1. Why do we find it hard to be grateful?
  2. How do Habakkuk 3 and Psalm 69 model gratitude for us?
  3. Why is it significant that biblical gratitude is an attitude not a reaction to circumstances?
  4. What does atheism have to say about difficult times? How does the message of Christianity differ and so foster gratitude?
  5. What evidence do you see of a sense of entitlement in our culture? How does gratitude combat entitlement?
  6. Why is gratitude good for us?
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### REFLECTION/PRAYER

- Do you really want to change? Do you want to become a person marked by gratitude?
- What new habits will you adopt to develop the discipline of gratitude? For example, writing a gratitude journal, practice 'noticing', and/or switching off your devices regularly.
- Pray for God's help to 'savour grace'. Take time to give thanks for all your spiritual blessings – sins forgiven, access to God, the indwelling of the Holy Spirit and the glorious future in store. But also savour the grace of everyday gifts which we often overlook such as a meal with friends, a beautiful sunset, the colour of autumn leaves, the help of a shop assistant and the technology to do our work.
- Today, whatever you are facing, choose to: 'Give thanks in all circumstances' (1 Thessalonians 5:18).