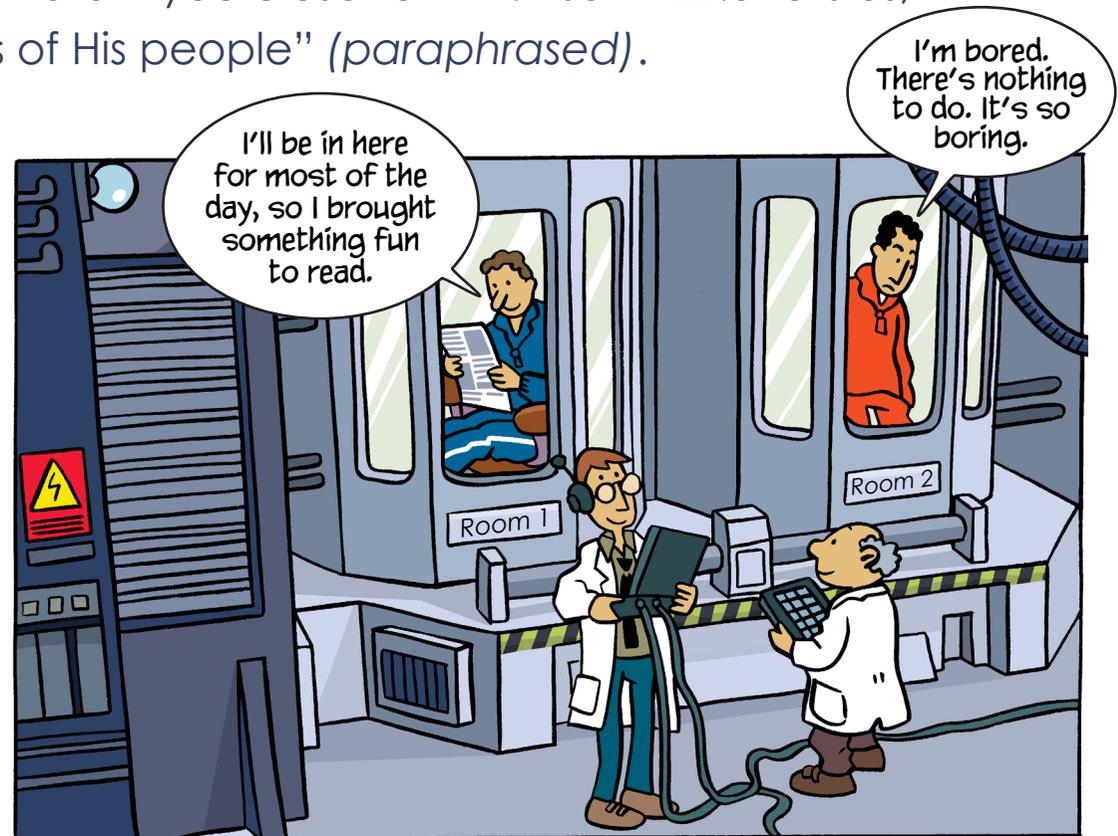
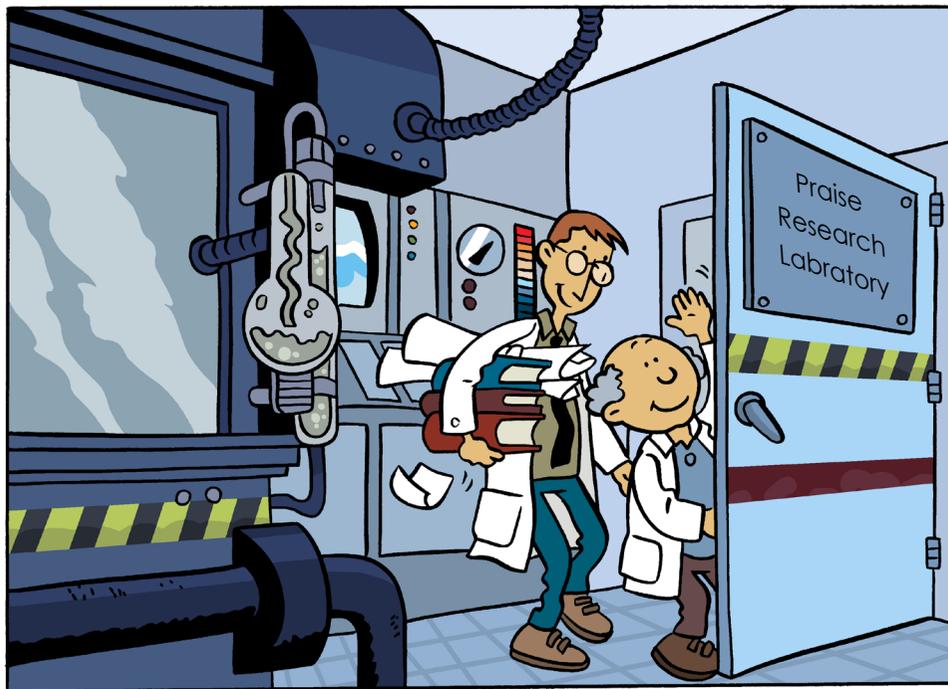


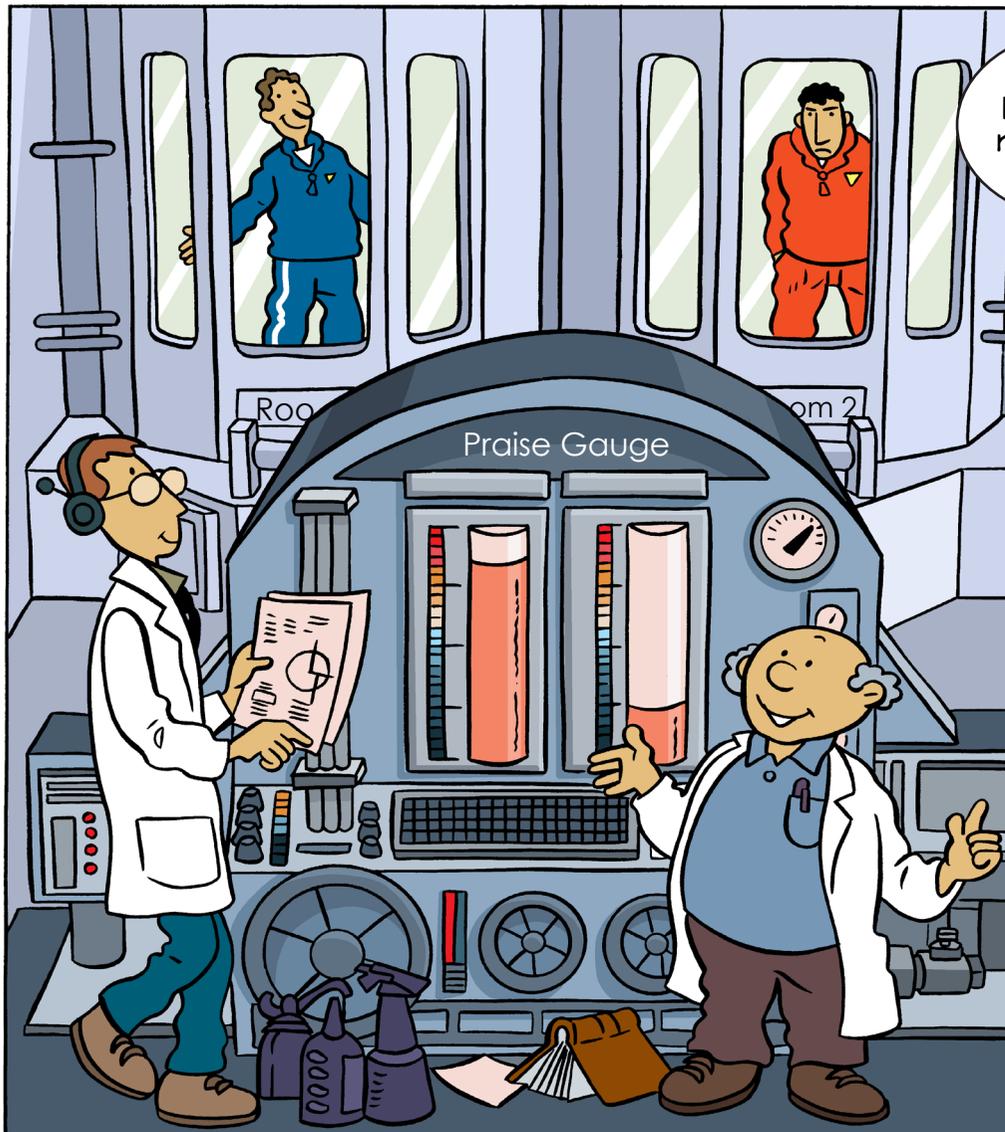
The Benefits of Praise and Gratitude

When you thank and praise God, it will draw you close to Him. Psalm 22:3 tells us, “God inhabits the praises of His people” (*paraphrased*).



Having a praiseful and thankful attitude in any situation can make you happier. It can often even help you feel better physically.

The opposite is also true. What is the opposite of praise and being thankful? Lack of gratitude and complaining. Events in life can sometimes cause feelings of sadness, complaining, and comparing. When things aren't working out the way you'd like them to, you can easily forget about God's many blessings in your life. It's easy to forget to thank Jesus for the good things.

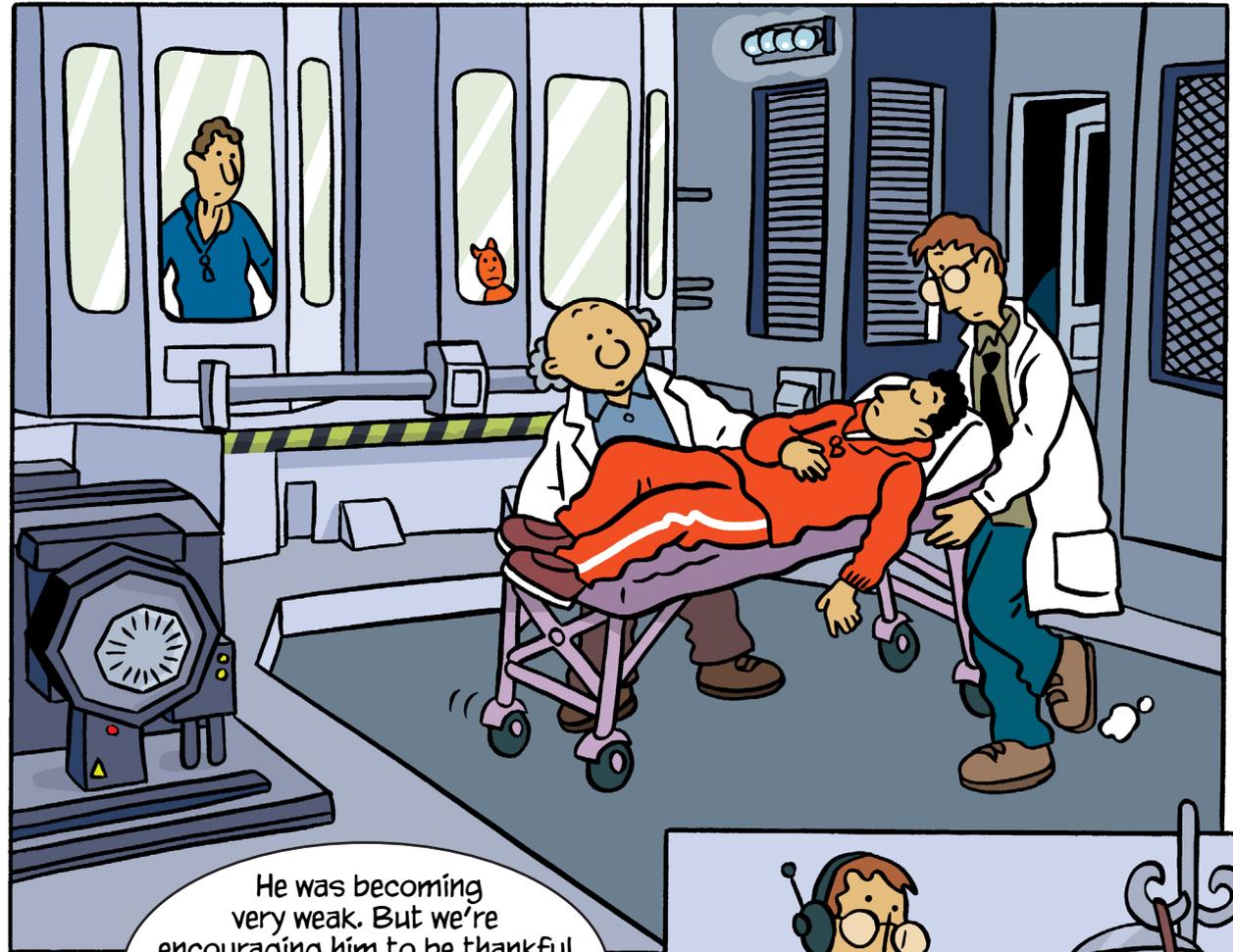


"Whatever happens, always be thankful. This is how God wants you to live in Christ Jesus" (1 Thessalonians 5:18 ERV).



However, as soon as you remember to thank God for His greatness and His love, the feelings of being down and discouraged will start to fade!

Negative thoughts can sometimes weaken you physically. Fear and worry cause tension in the body, and eventually the body will weaken and tire under that stress. A weak and tired body can more easily become sick. So, to help keep yourself healthy, spiritually and physically, overcome negative thoughts by concentrating on praise and thanksgiving.



There's an emergency in Room 2!

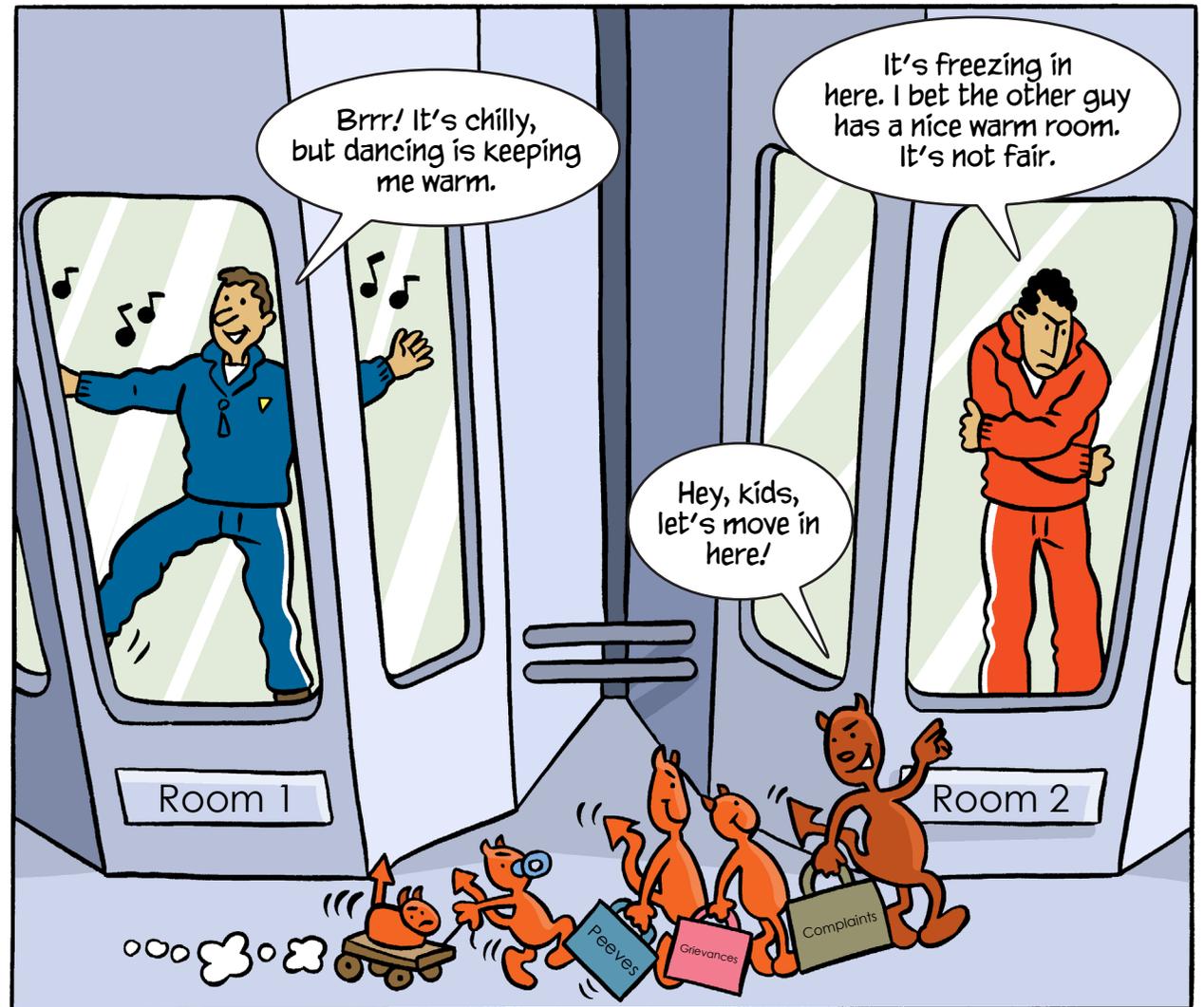
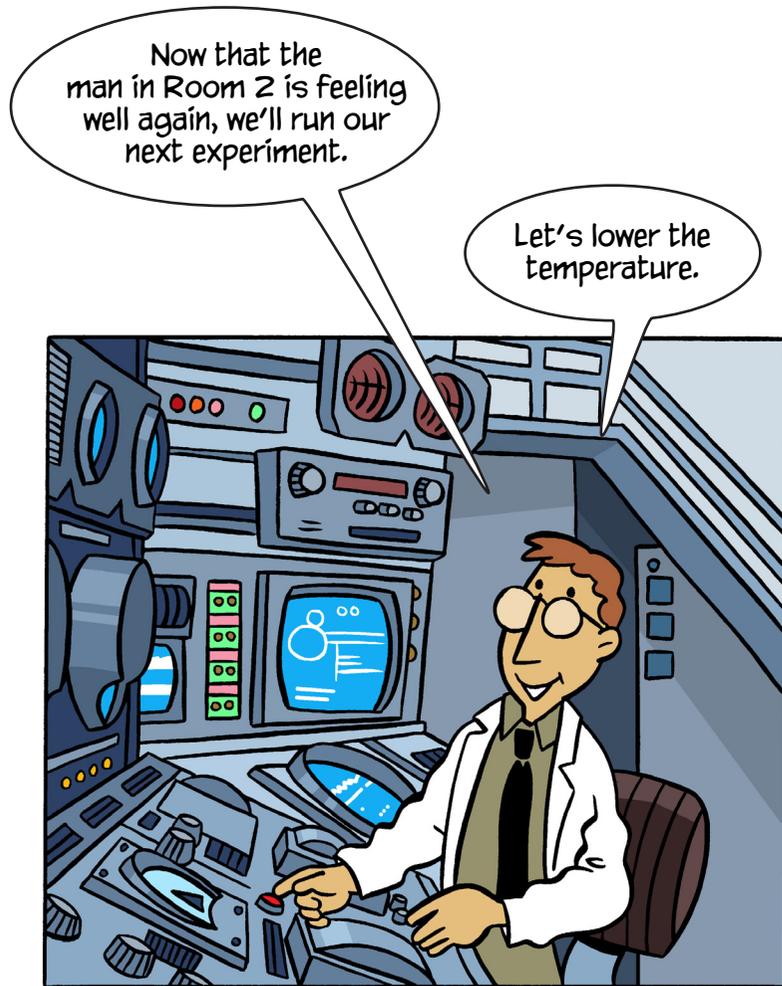
He was becoming very weak. But we're encouraging him to be thankful for the good things in his life. As he does that, he'll start to feel better.



“Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. And God’s peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it” (Philippians 4:6-7 ICB).

Even if you feel something is unfair, if you give in to complaining or feel that you deserve to be sad or angry, then it's like making a comfortable home for all that discouragement to take over.

"Do everything without complaining or arguing so that you will be blameless and pure, children of God without any fault" (Philippians 2:14-15 ERV).



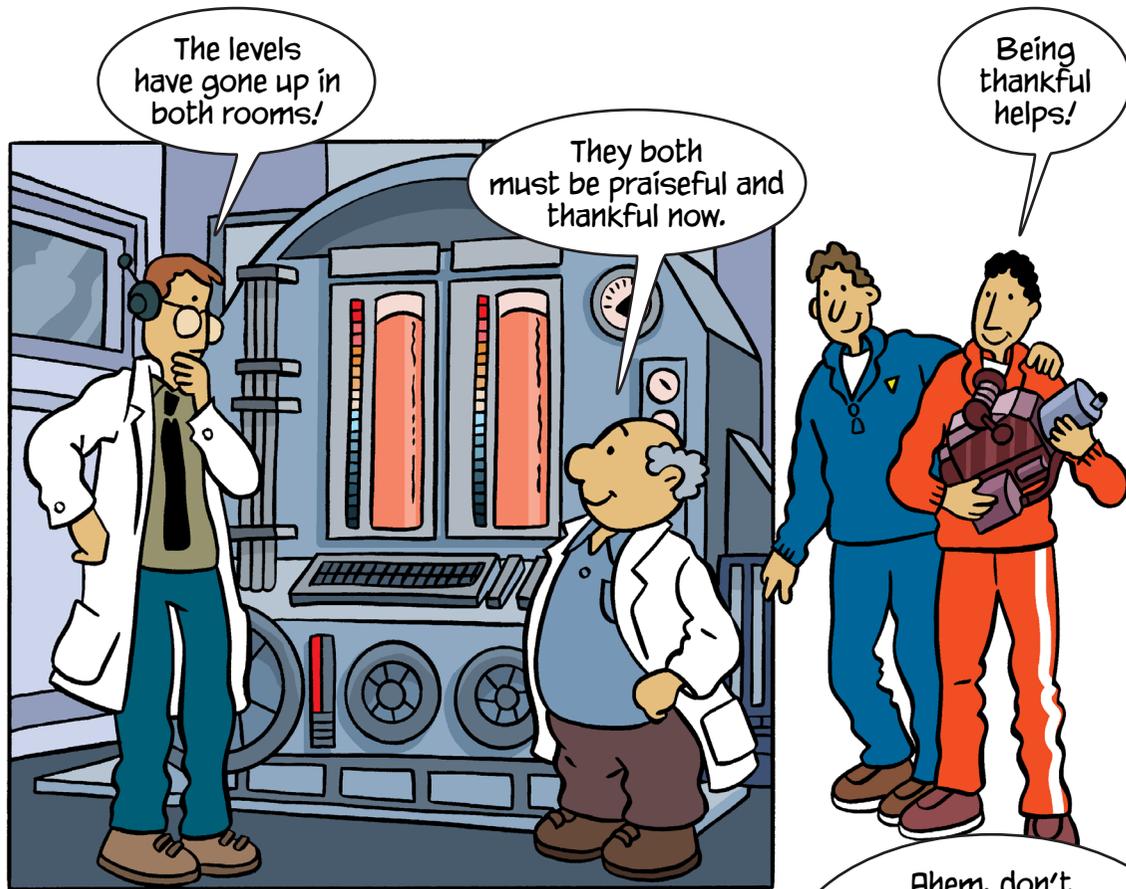
"I will praise the Lord at all times. His praise is always on my lips" (Psalm 34:1 ICB).

“Give thanks to the Lord for His goodness, and for His wonderful works”
(Psalm 107:8 NKJV).



If you want to stay spiritually and physically strong, it's important to be quick with praise and thankfulness.

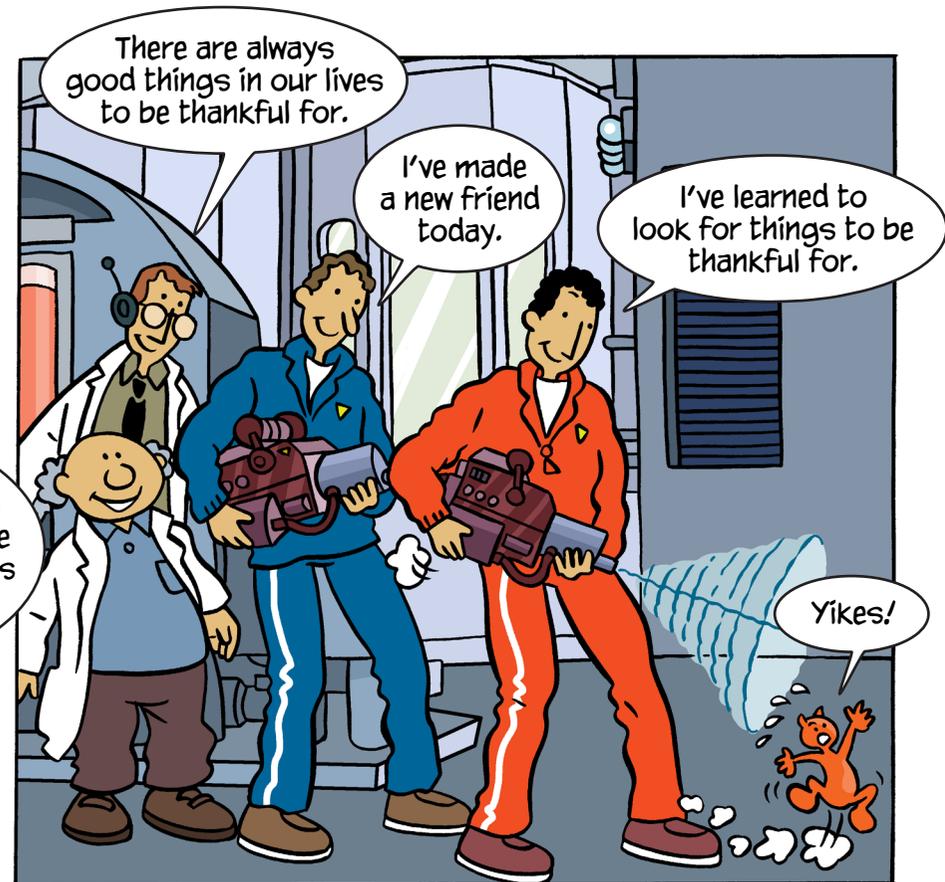
When you are tempted to be even just a little negative,
that's when you should make a bigger effort to be thankful with even greater enthusiasm.



“Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things” (Philippians 4:8 ESV).

Ask Jesus to help you to remember to thank Him and give Him praise! He will help you when you ask Him to.

Ahem, don't you think the scientists should have gone into the testing rooms themselves instead of having you do it?



S&S link: Christian Life and Faith: A Personal Connection with Jesus: Praise and Thanksgiving-1d
Based on the writings of Maria Fontaine.

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