



10 REASONS TO COUNT *blessings* & FIND *joy* : RIGHT WHERE YOU ARE

1. Give thanks in all circumstances, for this is God's will for you... 1Thess. 5:18
2. Keep a gratitude journal & have a relative absence of stress and depression. (Woods et al., 2008)
3. Joy is a function of gratitude and gratitude is a function of perspective. If you can change the way you see, so you can choose thanks, you always choose joy.
4. Count gifts and feel closer in your relationships. (Algoe and Haidt, 2009)
5. The way to enter into His courts is through the gates of thanksgiving (Ps. 100:4). And in His presence? Is fullness of Joy. (Ps. 16:11)
- 6.. And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him ... (Col 3:17)
7. Write down your thanks daily & make progress towards important personal goals (Emmons and McCullough, 2003)
8. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God ... (Phil 4:6)
9. Count your gifts -- and increase your happiness by a full 25% (McCullough et al., 2002)
10. Christ showed us the way at the Last Supper: He took what was given & gave thanks -- eucharisteo in the Greek, a word that means thanksgiving and enfolds the root words for grace, charis and joy, chara. And so we follow the example of Christ: Take all as grace, give thanks, therein is Joy -- eucharisteo!