

The Gratitude Jar
By Ann Voskamp

If gratitude is an antidote for anxiety... and giving thanks is a real cure for stress — why relegate thanksgiving to a holiday when giving thanks can revolutionize our whole lives?

People who keep gratitude journals are 25% happier. Twenty-five percent happier. Is this why God commands us to always give thanks? What sane person doesn't want to be 25% happier?

Why in the world don't we do this?

Joy is always a function of gratitude — and gratitude is always a function of perspective.

If we are going to change our lives, we're going to have to change the way we see. This recording our gratitudes, this looking for blessings everywhere, this counting of gifts — this is what changes what we are looking for. This is what changes our perspective.

Thanksgiving is the lens God means for us to see joy all year round. ~ Ann Voskamp, One Thousand Gifts

Do you have a daily gratitude practice at this time of year?

Writer Ann Voskamp gave the gift of a grateful jar to her mother a few years back - a collection of notes, of all the ways she was thankful for her mama - a gift more meaningful than anything money could buy.

What if this Thanksgiving you gave a jar to someone you cherish?

What if the grandkids presented a grateful jar to a grandparent on Thanksgiving Day?

Or maybe you create a jar just for yourself, start recording your daily notes of gratitude, center it in your kitchen, and begin each day giving thanks to the Lord?

The benefits are clear: *research shows that having an attitude of gratitude changes the molecular structure of the brain, keeps gray matter functioning, and makes us healthier and happier. When you feel happiness, the central nervous system is affected. You are more peaceful, less reactive and less resistant.* (UCLA Mindful Awareness Research Center, 2008 Gratitude Study).

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LIGHTHOUSE

Reach Restore Refine

PO Box 252
500 Rocketdyne Road
Neosho, MO 64850
(417)451-6454
www.gospellighthousechurch.org

November 17, 2019

We welcome you to all our services!

Sunday:	10:00 AM	Sunday School
	11:00 AM	Morning Worship
	6:00 PM	Evening Worship
Wednesday:	5:30 PM	Snacks & Devotion

Announcements

Tonight: We will host cookie baking & treat making tonight at 5:00 PM & will not have an Evening Service. The treat making will be for the upcoming holiday season.

Next Sunday: Teen Challenge will be here for the Morning Service followed by our Annual Thanksgiving Lunch.

Next Sunday: We will be accepting new members into our congregation. If you are interested in becoming a member of the church, please see one of our Board Members.

**Don't forget to discuss Sunday School
& Kids Church
with your children!**



The ladies night out to see Chonda Pierce was a great! We had 22 ladies go! Such a good turnout!

Thought of the Week

"Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk." --Doug Larson

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Moreover, **the act of gratitude journaling** - of writing down what you are thankful for - has been associated with enhanced optimism, life satisfaction, and decreased negative outlook. (Journal of School Psychology, April 2008).

Being joyful isn't what makes you grateful. Being grateful is what makes you joyful. ~ Ann Voskamp.

Start practicing gratitude today with these easy options:

- 1) **Create a gratitude jar.** Write down grateful memories on each strip of paper. Fill the jar with your notes of thanks.
- 2) **Or, start a gratitude journal and begin recording the moments, all the ways and things for which you are thankful.** Start big or start small. Record one a day or jot down 10. There are no rules.

Jesus modeled thankfulness throughout His life on Earth, taught us to give thanks through prayer, and the significance of Him demonstrating *eucharisteo* - the Greek word literally meaning *giving thanks, to be grateful*, at the Last Supper.

The secret to unwrapping the fullest life...

In the stressful times : seek God

In the painful times : praise God

In the harried times : hallow God

In the terrible times : trust God.

And at all times — and at all times — Thank God.

"Give thanks to the Lord, for he is good; his love endures forever." - 1 Chronicles 16:34

Will you join us in counting the happy grace of all His gifts?

