

Save the SAHM Podcast-February

Keep It LIT

Episode #4 – Gorge on Gratefulness

Note: UC Berkeley study “The Greater Good” - “Gratefulness rids us of toxic emotions and had lasting effects.

1. Stop Complaining

- a. Human instinct is to immediately result to complaint when we are less than satisfied
- b. First you must stop being ungrateful
- c. Phil. 2:13-15 *“for it is God who works in you, both to will and to work for his good pleasure. Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world,”*
- d. Negativity is a joy sucker
 - i. It's contagious
 - ii. Plants seeds of discontentment
- e. Complaint leads to toxic emotions and sinful tendencies
 - i. Pride
 - ii. Entitlement
 - iii. Selfishness

2. Count your blessings

- a. Look around often
- b. Play the Grateful Game (play as a family)
- c. Keep a list of blessings

3. Change your perception and gain perspective

Perception (think): the ability to see, hear, or become aware; a way of regarding, understanding, or interpreting

Perspective (view): a view or prospect; a particular attitude toward

- a. Adjust your posture
- b. See through a “glass full” perspective (mention book)
- c. Choose to see the good in all



- d. Champion your own optimism
 - e. Choose to be postured toward blessing and peace
 - f. Be a bearer of peace
- 4. Express gratitude; have an attitude of gratitude**
- a. Become a sewer of gratefulness
 - b. Show people how thankful you are for them in action and not just word
- 5. Be Aware**
- a. Intentionality is key with getting the most out of every endeavor.
 - b. We must look for opportunity to show our thankfulness
 - c. Eventually gratefulness will become habit and home culture

Today's take away: Be grateful and see the glass full!

Next months series: "Back to Center" ; 5 weeks

