

# Welcome & Happy Sabbath!



MANDARIN FUNDRAISER  
SUGGESTED DONATION  
OF \$15.00 FOR 10LB. BAG  
TREE RIPENED, HEALTHY,  
NATURALLY GROWN SATSUMA MANDARINS  
PRE ORDERS CAN BE SENT TO  
GBHEALTHTEAM@GMAIL.COM



Pickup at concert  
12/10 or 12/17



Health Ministry Cookbooks  
\$10 available at the concert  
12/10 & 12/17

GRANITE BAY  
HILLTOP  
SEVENTH-DAY ADVENTIST CHURCH

Blood pressure check available today  
in the Prayer Room 12:30-1:00 pm.

Learn how to:  
Control your blood pressure  
Manage your blood sugar

< 120

< 80

Normal  
Blood  
Pressure

Researchers have discovered something that can:

Decrease heart disease and cancer

Boost your immune system

Help you sleep better

Eat better

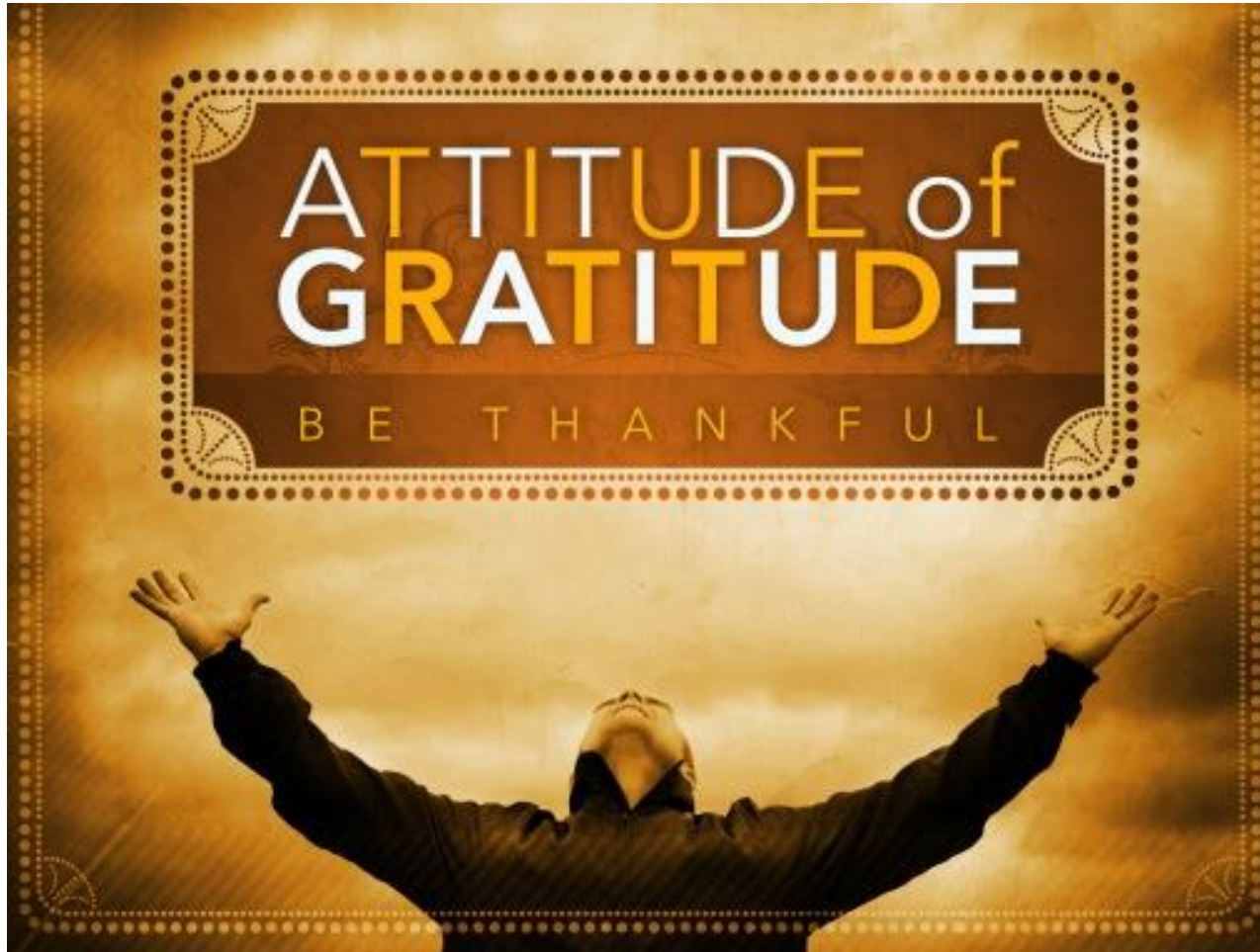
Exercise more

Be happier

And live longer

What is it?





Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. {MH 251.3}

If you've forgotten the language of gratitude, you'll never be on speaking terms with happiness.

Gratitude  $\infty$  Depression



Elderly people (grateful)... live 20-35% longer



Daily journal for 10 weeks  
Group 1 : 5 things (grateful)  
Group 2 : 5 things (hassles)  
Group 3: 5 things (anything)



Group 1  
25% happier  
Fewer health complaints  
Exercised 1.5 hours more



# Benefits of Gratitude

Grateful people sleep better.

Grateful people fall asleep sooner and stay asleep longer



# Benefits of Gratitude

Gratitude opens the door  
to more relationships



# Benefits of Gratitude

Gratitude improves physical health.





# Benefits of Gratitude

## Gratitude

- improves psychological health
- enhances empathy
- reduces aggression



# Benefits of Gratitude

Gratitude increases mental strength.



Grateful Vietnam war veterans had a lower incidence of PTSD

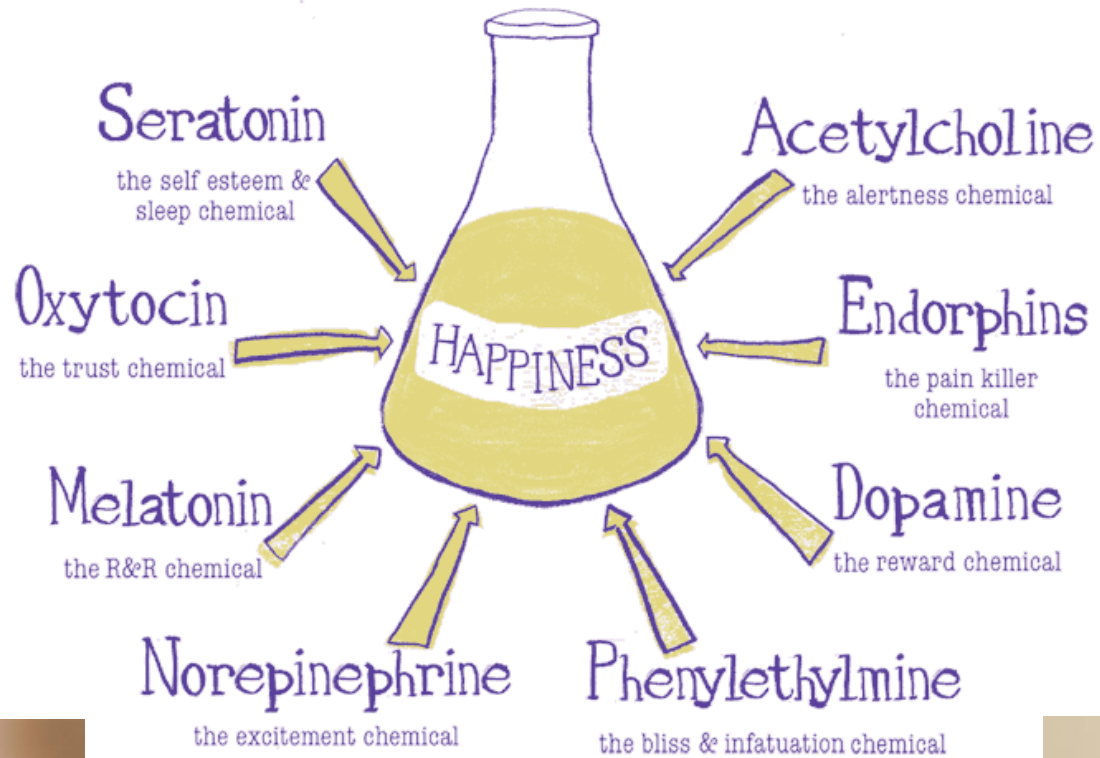
2006 Behavior Research and Therapy



Grateful 911-victims were more resilient

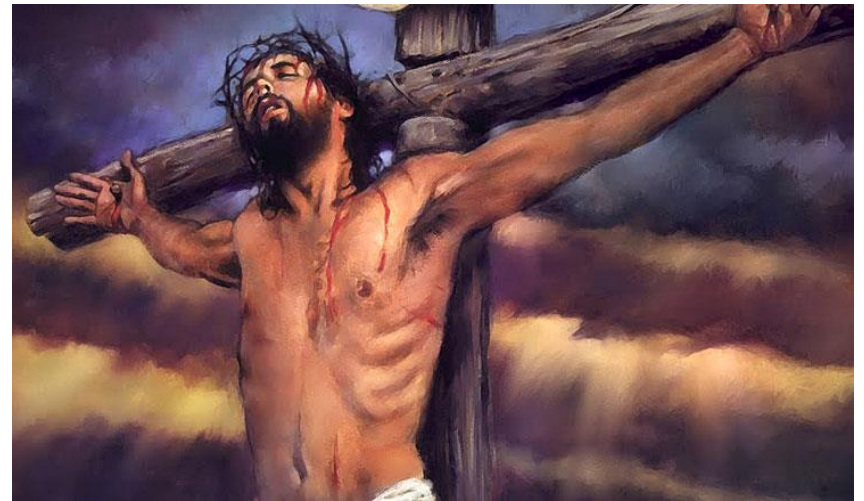
2003 Journal of Personality and Social Psychology

Gratitude causes chemical reactions in our brains, which result in happiness.



# Benefits of Gratitude

Gratitude improves self-esteem.



Ultimately our self-esteem comes from God.

# How to be Grateful

1. Notice your day-to-day world from a point of gratitude and be amazed at all the goodness we take for granted.



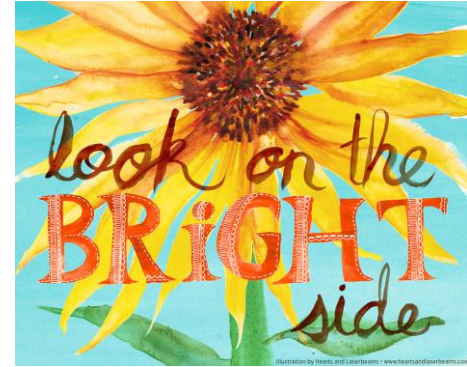
2. Keep a gratitude journal.



God gives lessons of comfort and hope throughout nature...there are flowers on the thistles and roses on the thorns.  
SC 9

# How to be Grateful

3. Look on the bright side.



# How to be Grateful

4. Do not listen to Satan's lies,  
but recount God's promises.  
{DG 146}

Luke 8:22

Now it came to pass on a certain day, that he went into a ship with his disciples: and he said unto them, **Let us go over unto the other side of the lake.** And they launched forth.



# How to be Grateful

## 5. Be humble.

Matt 5:5

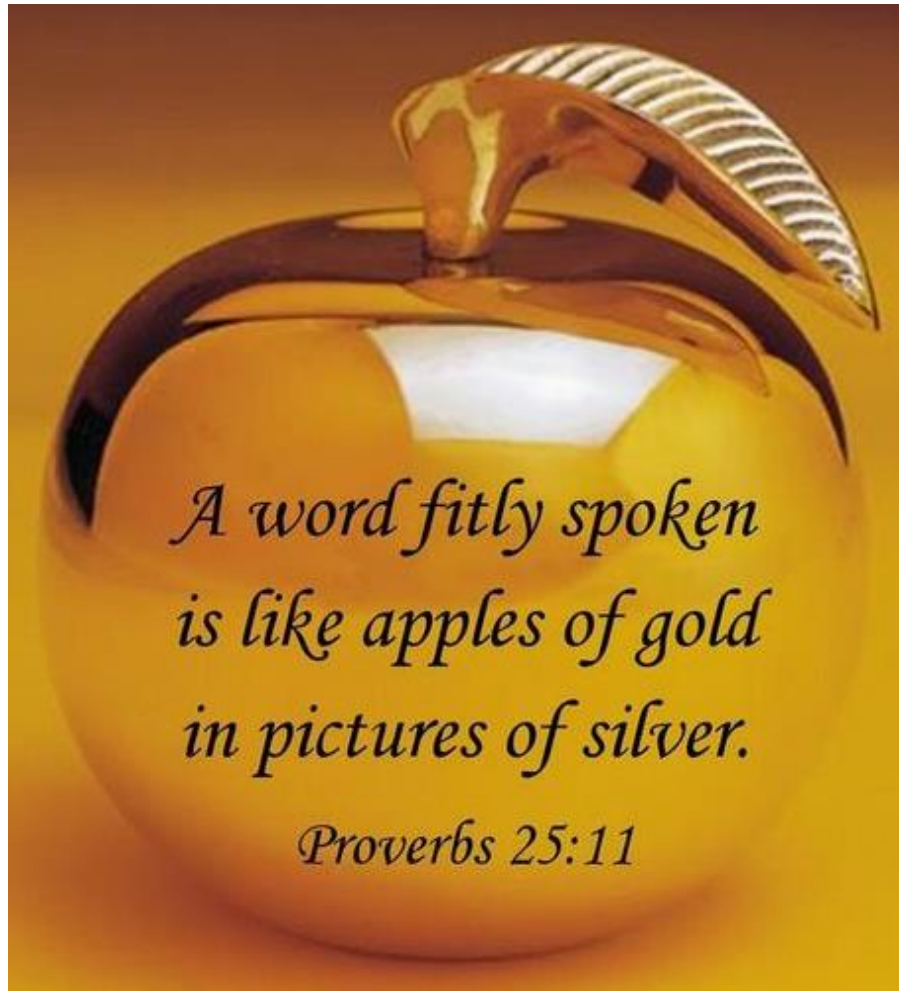
Blessed are the meek: for they shall inherit the earth.





# How to be Grateful

6. Give at least one compliment a day.



How to give a good compliment:

Short

Specific

Sincere

Smile, but don't laugh

# How to be Grateful

7. When you find yourself in a bad situation ask: What can I learn? When I look back on this, without emotion, what will I be grateful for?



8. Don't complain, criticize, or gossip for 10 days.

9. Sound genuinely happy to hear from the people who call you on the phone.

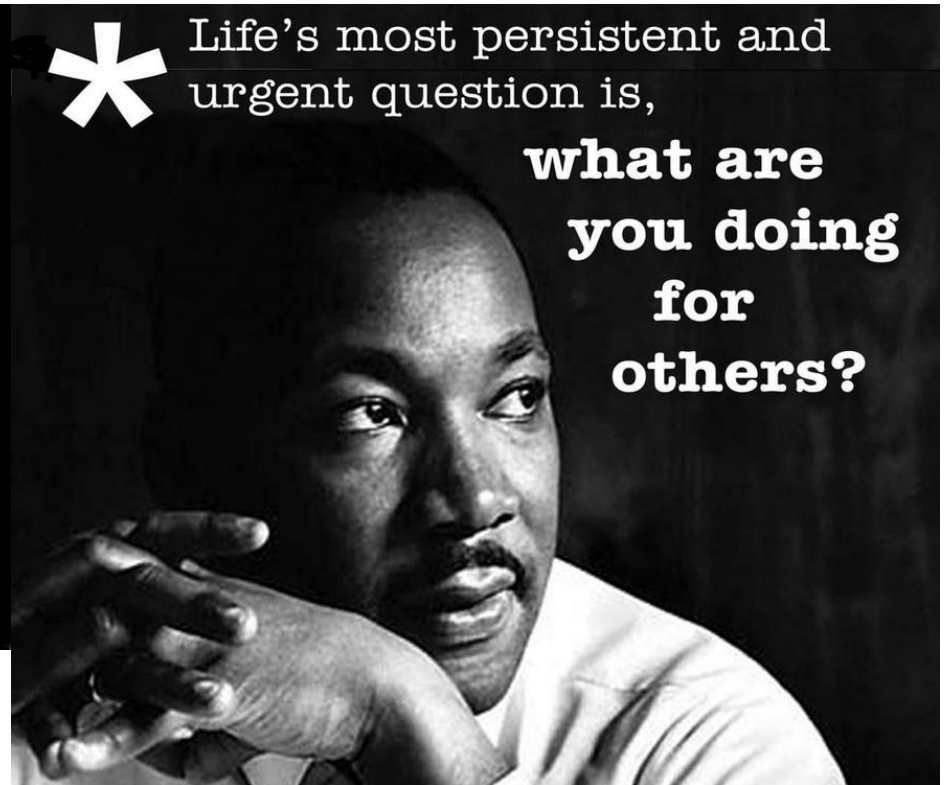


# How to be Grateful

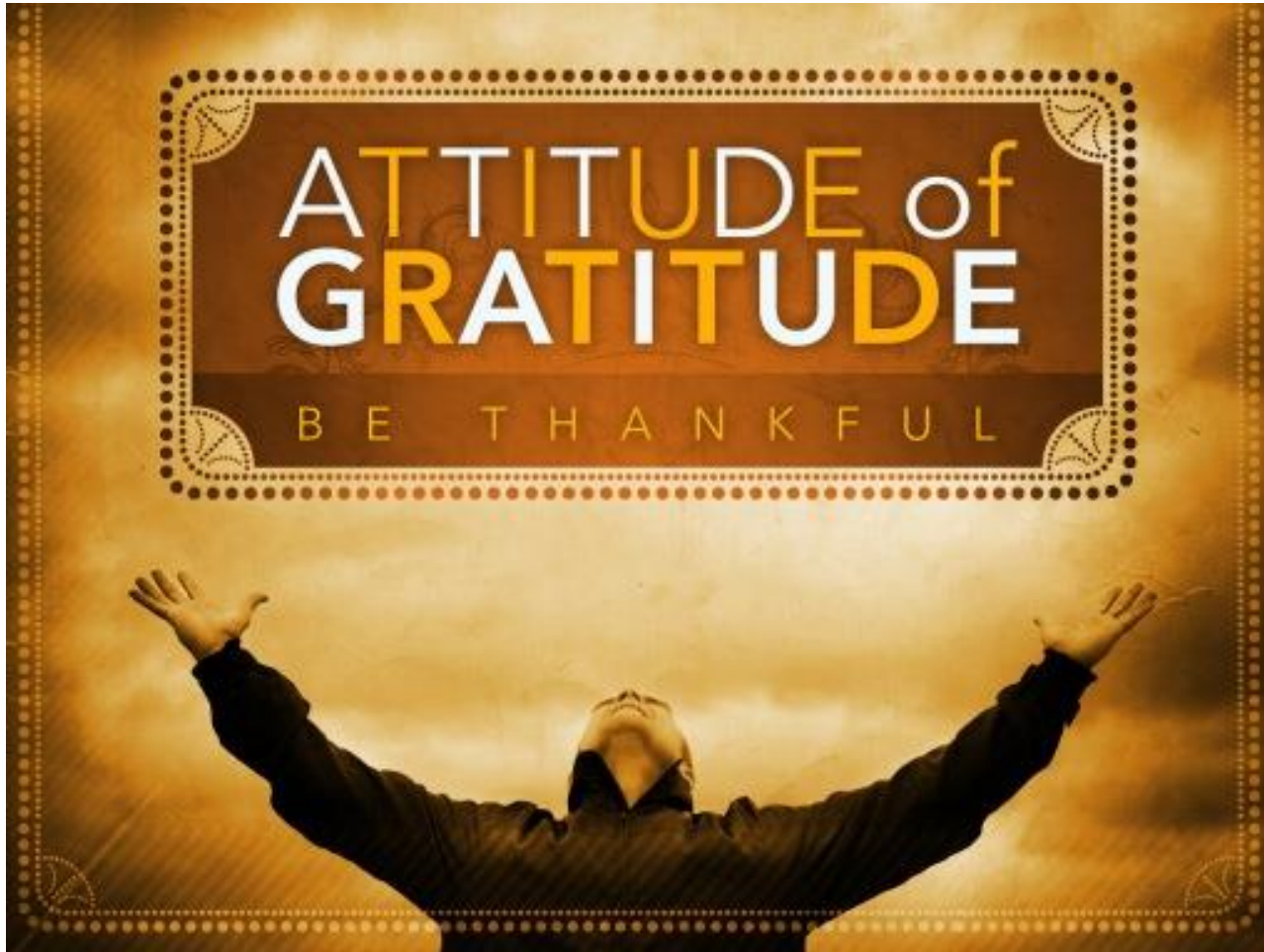
10. Become involved in a cause that is important to you.

Proverbs 29:18

“Where there is no vision, the people perish:  
but he that keepeth the law, happy *is* he.



“No one really knows why they are alive until they know what they'd die for.” MLK



Gratitude deepens as we give it expression and the joy it brings is life to body and soul. {CS 80.2}