



Raquette Lake Chapel Sunday Blast

August 20, 2023

"Gratitude (Part 1)"

Call: Let us give thanks to the Lord our God.

Response: It is right to give him thanks and praise.

From the service of Holy Eucharist in [The Book of Common Prayer](#).

"Gratitude is Really Good for You" (from the New York Times)

Gratitude, giving thanks, is something we always say in church. But since we live in a secular world, faithful believers try to find avenues to bring what we claim to believe in church out into the day-to-day of our lives once we go out of the church doors. Not an easy task!

Scientific studies these days are looking at how the practice of our beliefs affect ourselves and others. A recent article in the New York Times explains what gratitude is, giving thanks, how it benefits emotional and physical health, and how to practice it in daily life. From church, we understand that giving thanks is "the right thing to do."



The Effects of Practicing Gratitude

The article goes into detail about how gratitude affects us physically, mentally, and in our relationships with others:

Practicing gratitude can reduce depression and anxiety, increase self-esteem and satisfaction with life. It can have positive effects on physical health, such as lower blood pressure and better sleep quality. And it can enhance interpersonal relationships by creating positive ways to interact with family, friends, and colleagues.

What Does the Bible Say About Showing Gratitude?

At some point we all struggle with practicing our faith in "the real world." But, after all, we do live in the real world. However, scripture tells us that we are in this world but not of this world, and this guides us to go forward and try, not turn away and give up. The Bible teaches us about the power of gratitude. An attitude of thanksgiving to God will fill us with hope despite our challenges. A few verses of scripture come to mind:

- *"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (1 Thessalonians 5:18)*
- *"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." (Psalm 100:4)*
- *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Philippians 4:6)*

...and let us "Let us give thanks to the Lord our God" because "It is right to give him thanks and praise."

May God's Peace be with you! - Vance

Prayer box: let us pray for the people of Ukraine, family and friends of those close to us; for the people living on Maui; for all those suffering from extreme weather; let us be grateful for the support from the Raquette Lake Community! Lord, hear our prayer!