

11-24-17 Grate(ful) attributes

I'm always curious about what studies and research reveals about gratitude.

Here's the evidence:

- People who are more grateful have higher levels of well-being.
- Grateful people are happier, less depressed, less stressed, and more satisfied with their lives and relationships.
- Grateful people have higher levels of personal growth, purpose in life and self-acceptance.
- Grateful people are less likely to avoid a problem, blame themselves, or cope through substance abuse.
- Grateful people sleep better and cope better with life transitions.

So, perhaps the most important aspect of our spiritual journey is developing grateful hearts.

Just a thought. I'm Sid Batts from First Presbyterian Church in downtown Greensboro, fpcgreensboro.org.