

# THE *Big 3*

EPISODE: 242

TITLE: Gratitude, Grace, and the Gospel

Expressing gratitude for the *giver*—not just the good gift—connects our hearts deeper to that person and is a picture of the gospel in and of itself.

Here are three key things to believe and consider about expressing gratitude in your life...

1. **Expressing gratitude changes us physically.** According to UCLA's Mindfulness Awareness Research Center, regularly expressing gratitude literally changes the molecular structure of the brain, keeps the gray matter functioning, and makes us healthier and happier. When we express gratitude and receive the same, our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, and they make us feel 'good'. They enhance our mood immediately, making us feel happy from the inside.
2. **Gratitude is more than delighting in a gift.** It is a feeling of happiness directed toward a person for giving you something good. God, in Christ, has given us all the most amazing and precious gift we will ever receive. Jesus gave us his own life, that we may be forgiven and set free. Let's not just be grateful for that gift, but remember, we get to express our gratitude for, and to, the GIVER of such grace! How grateful, on a daily basis, are you for Jesus, the giver of such good gifts?
3. **Creating a habit of expressing gratitude will change your life and those around you.** Make a list of the *people* you are grateful for. Move beyond just being grateful for the "stuff" you have or they have provided, and move into gospel gratefulness! Seek to be grateful for the person and how God has or is using them in your life today. Sign up for Tracy's gratitude resources and challenge and let her guide you into new rhythms of gratitude that will draw your heart closer to God and to those you love.

Gratitude Challenge and Resources from Tracy Winchell: [123lifeschool.com/gratitude](https://123lifeschool.com/gratitude)

**And also remember:** If you want to grab a seat for the Gospel in Everyday Life online training on Gospel Fluency Nov 14th, 2019 before it fills up, just go to [123lifeschool.com/workshop](https://123lifeschool.com/workshop) to register right now for FREE.

Thanks for listening... we'll see you in the next episode!

***Caesar & Heath***

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