

The Myths of Gratitude
Psalm 100

Gratitude becomes *plenty to share* when we overcome these five myths:

I. MYTH ONE: GRATITUDE LEADS TO COMPLACENCY

II. MYTH TWO: GRATITUDE IS A NAÏVE FORM OF POSITIVE THINKING

III. MYTH THREE: GRATITUDE MAKES US SELF-EFFACING

IV. MYTH FOUR: GRATITUDE IS NOT POSSIBLE IN THE FACE OF SUFFERING

V. MYTH FIVE: YOU HAVE TO BE RELIGIOUS TO BE GRATEFUL

Call to Action: Write in a gratitude journal every day for one week and notice what your state of heart becomes...Gratitude is not just for Thanksgiving Day, it's a state of the soul. Gratitude becomes Plenty 2 Sahre.