



## GRATITUDE & JOY RESOURCES

*\*\*The resources below have been compiled by Rock Bridge staff and trusted mental health professionals. We encourage you to use these simply as a starting point for exploration and to seek personalized advice when needed. Thank you for your understanding and cooperation.\*\**

The power of gratitude to transform your entire outlook on life is why study after study has shown gratitude to be one of the biggest predictors of psychological well-being. Below are resources to help you get started on your path to discovering the beauty, goodness, and hope of a life filled with gratitude and joy. Click any [underlined title](#) for details. Contact us [HERE](#) if you want to have a conversation!

### [Why do we begin with gratitude?](#)

Research shows gratitude is vital for mental health, as well as physical and emotional wellness. Science is finally catching up with faith, where gratitude is a foundational practice in meditation, prayer, and worship. In studies where participants practiced gratitude for 15 minutes a day/5 days a week, they experienced a lasting change in perspective, including greater satisfaction in life, enhanced mood, reduced depression and anxiety, better heart and nervous system health, and improved sleep! You can read more about that [HERE](#). We begin with gratitude because it centers us in calm, curious, connected energy, and it orients us in a worldview in which everything is a gift!

One of the best places to begin your journey of practicing gratitude and building joy is with Scripture! Below are Bible reading plans that you can explore. In addition, [meditating on and memorizing Scripture](#) is key to becoming more grateful and joyful in everyday life. The "Scriptures to

Cultivate Gratitude” would be helpful to keep close by.

- [Joy Bible Reading Plans](#)
- [Gratitude Bible Reading Plans](#)
- [Scriptures to Cultivate Gratitude](#)

You can also start with a simple gratitude habit by doing this:

- **NOTICE:** Scan recent memories and identify something in the past 24 hours that makes you think, “I’m glad that happened.”
- **SAVOR:** Close your eyes and imagine you are experiencing the moment again. Notice colors, tastes, sounds, smells, and sensations in your body. Notice how you feel in your inner being.
- **THANK:** Who or what helped this moment to happen? If another being was involved, consider how thanks can be offered.

## BOOKS

- [The Shape of Joy](#)
- [Choosing Gratitude: Your Journey to Joy](#)
- [Well Lived: Shaping a Legacy of Gratitude & Grace](#)
- [Be Kind to Yourself: Release Frustrations and Embrace Joy](#)

## ARTICLES

- [True Meaning of Gratitude](#)
- [How to Practice Gratitude All Year Long](#)
- [6 Simple Ways to Practice Gratitude Daily](#)
- [What Does the Bible Say About Gratitude?](#)
- [Gratitude: A Journey of Faith and Transformation](#)

## GUIDED MEDITATION & PRAYER VIDEOS

- [Embracing Joy](#) (Psalm 100)
- [Evening Gratitude](#) (Psalm 138)
- [Practicing Gratitude](#) (Psalm 136)

- [Promises of God](#) (various passages)
- [Adopting a Posture of Thankfulness](#) (Psalm 118)

## PRACTICING GRATITUDE & JOY

- [Be Kind to Yourself](#)
- [30 Days to Grow In Gratitude & Joy](#)
- [Start Your Day With Prayer & Gratitude](#)
- [Discover Your Unique Ways to Connect With God](#)

## MEDIA

- [Greater Good](#) (website)
- [The Virtue of Gratitude](#) (podcast)
- [The Power of Habitual Gratitude](#) (podcast)
- [Building a Legacy of Gratitude & Grace](#) (podcast)