

“You Turned My Mourning into Dancing’: Habitude of Gratitude”

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□ “Habitude”

- “An act or an attitude that becomes a custom or habit”
- “Habitude of Gratitude”

□ **Jeremiah 31:3-4, 13-14**

- NRSV: “You shall take your tambourines and go forth in the dance of the merry-makers.”
- Twenty One Pilots “Stressed Out”:
Wish we could turn back time, to the good old days
When our momma sang us to sleep but now we're stressed out
We're stressed out . . .
- Jean Twenge: “[The song] ‘Stressed Out’ captures this possible link between growing up slowly and mental health issues. . . . As Asbury University student Alyssa Driscoll wrote, the song ‘has exactly what we’re thinking written in it . . . [It] really GETS US.’” (*iGen* 111)
- “iGen is on the verge of the most severe mental health crisis for young people in decades. On the surface, though, everything is fine.” (93)
- “In Laura’s profile picture . . . she’s a girl with wavy brown hair who looks no more than 16. Her site is titled ‘a depressed person life.’ Her pain is starkly evident in her posts, which include ‘That’s how depression hits. You wake up one morning, afraid that you’re gonna live,’ ‘I don’t why I am so stupid. I don’t know why I am so sad,’ and ‘They all looked so [expletive] happy to me. Why couldn’t I look like that?’ The web page’s title appeared as one apt word: ‘Broken.’” (99-100)
- Gregory Boyd: “My life is Christ—nothing else really matters.” (*Present Perfect: Finding God in the Now* 57)

□ **Ministry of Healing**

- Emotional Health Nugget #1: “When you open your eyes in the morning, _____ God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let _____ as a sweet perfume ascend to heaven.” (253)
- Emotional Health Nugget #2: “One of the surest hindrances to the recovery of the sick [physically/emotionally] is the centering of attention upon themselves. Many invalids feel that everyone should give them sympathy and help, when what they need is to have their attention turned away from themselves, to think of and care for _____.” (256)
 - “Good deeds are _____ a blessing, benefiting both the giver and the receiver of the kindness. The consciousness of right-doing is one of the best medicines for diseased bodies and minds. When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to

others, the cheering, uplifting influence brings new life to the whole being.”
(257)

- Emotional Health Nugget #3: “Let praise and thanksgiving be expressed in _____. When tempted, instead of giving utterance to our feelings, let us by faith lift up a song of _____ to God.” (254)

*“My life is Christ—
nothing else really matters.”*

thank, gratitude, others, twice, song, thanksgiving