



> hooked on a feeling <

how to live in emotional health

Part 4: The Secret to Your Emotional Well-Being

1 out of 10 Lepers:
Luke 17:11-19





**Gratitude brings spiritual breakthrough,
physical health, and emotional well-being.**

Psalm 100:4

Philippians 4:6-7



How to grow your gratitude:

1. Slow down and notice everything.

Luke 17:18



How to grow your gratitude:
2. Adopt a positive perspective.
1 Thessalonians 5:18



How to grow your gratitude:

3. Practice intentional thankfulness.

Ephesians 5:20



How to grow your gratitude:

4. Receive the grace of God.

Colossians 2:7

**Happiness will come, not when
you have everything you want,
but when you're thankful for
everything you have.**





**Are you walking
in gratitude?**