



# UNDER HIS WINGS

SEASON 2

EPISODE 19—The Healing Power of Gratitude

## SHOW NOTE HIGHLIGHTS

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Details: Does gratitude spare us from sorrow, sadness, grief, and pain? No, but it does soothe our feelings. In this episode we share how Gratitude provides us with a greater perspective on the very purpose and joy of life and helps us look forward with hope.

### Episode Notes

“...counting our blessings is far better than recounting our problems.” ~ Pre Russell M Nelson

<https://www.thechurchnews.com/leaders-and-ministry/2020-11-20/president-nelson-special-message-gratitude-spiritual-remedy-healing-hope-covid-19-198180>

Elder F Enzo Busche, “whenever you are physically sick, tired or in despair...steer your thoughts away from yourself and direct them in gratitude and love towards God”

Benefits of gratitude extend far beyond what we may imagine. Scientific studies have found that gratitude is associated with:

- Greater happiness
- More optimism and positive emotions
- New and lasting relationships
- Better health
- More progress toward personal goals
- Fewer aches and pains
- More alertness and determination
- Increased generosity and empathy
- Better sleep
- Improved self-esteem

<https://www.psychologytoday.com/us/blog/compassion-matters/201511/the-healing-power-gratitude>

Elder Uchtdorf’s talk *Grateful in any Circumstances*: “Could I suggest that we see gratitude as a disposition, a way of life that stands independent of our current situation? In other words, I’m suggesting that instead of being thankful *for* things, we focus on being thankful *in* our circumstances—whatever they may be”. –