

Message

"Gratitude In Lean Times"



Neal Parker



A
TALE
OF
TWO
CITIES

CHARLES
DICKENS

IT WAS THE BEST OF TIMES, IT WAS THE WORST OF
TIMES, IT WAS THE AGE OF WISDOM, IT WAS THE
AGE OF FOOLISHNESS, IT WAS THE EPOCH OF
BELIEF, IT WAS THE EPOCH OF INCREDULITY, IT WAS
THE SEASON OF LIGHT, IT WAS THE SEASON OF
DARKNESS, IT WAS THE SPRING OF HOPE, IT WAS
THE WINTER OF DESPAIR.

- CHARLES DICKENS -

Gratitude In Lean Times

- **Unhappiness is "...when expectations are not met" – Sheldon Cholst Psychiatrist**
- **Unhappiness grows from 3 forms of "unmet expectations" - Dennis Prager, "Happiness Is a Serious Problem"**
 - ❖ **Comparing Ourselves To Others**
 - ❖ **Striving For Images of Perfection**
 - ❖ **"Missing Tile" Syndrome**

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■ Comparing Ourselves To Others



\$15 Million

vs.



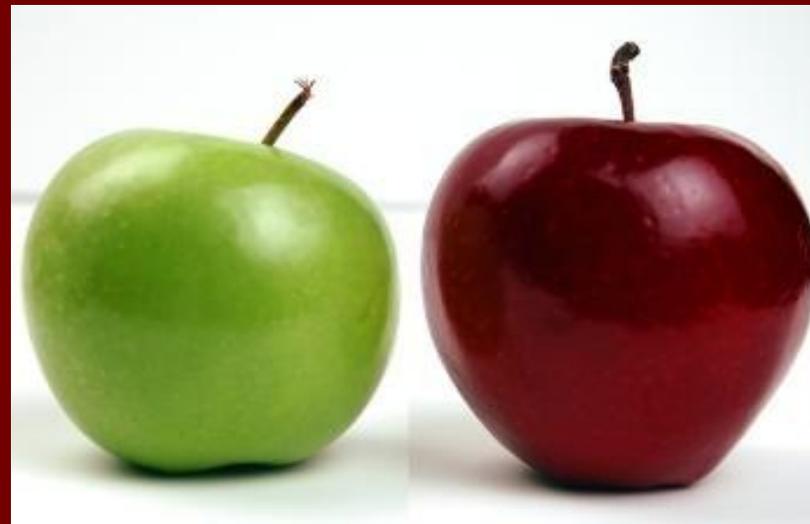
\$40 Billion

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- **Comparing Ourselves To Others**

- **II Corinthians 10:12-18**

- **Matthew 5:45-48** ➤ **Matthew 20:1-16**



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■ Striving For
Images
of Perfection



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- **Striving For Images of Perfection**
 - **Luke 9:57-62**
 - **James 1:2-4**
 - **Philippians 2:12-16**



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■ “Missing Tile” Syndrome



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- **“Missing Tile” Syndrome**

- **II Corinthians 11:21-30**

“If I have to “brag” about myself, I’ll brag about the humiliations that make me like Jesus.” Verse 30 (The Message Translation)

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- **Application To Life: Don't give into the forms of unmet expectations that grow unhappiness.**
 - ❖ **Comparing Ourselves To Others**
 - ❖ **Striving For Images of Perfection**
 - ❖ **"Missing Tile" Syndrome**