

DAY 34 | Gratitude — The Most Powerful Emotional Reset Available

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” — 1 Thessalonians 5:18 (KJV)

“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.” — Psalm 100:4 (KJV)

Of all the emotional practices available to a believer, gratitude has the most robust scientific support as an agent of rapid, measurable neurological change. It is also the most underestimated regarded in much of the church as a devotional nicety rather than what it actually is: one of the most potent neurological reset tools available to the human brain, with effects that are measurable within minutes and transformative when practiced daily.

A 2015 study published in the journal *NeuroImage* found that practising gratitude activated the medial prefrontal cortex, the brain's region associated with learning, decision-making, and emotional processing even when the person was engaged in entirely unrelated tasks hours after the gratitude practice. In other words, gratitude resets the brain's baseline processing mode. An fMRI study at UCLA found that writing or speaking about things one is grateful for increased neural activity in the brain's reward system, reduced cortisol, and produced sustained improvements in mood lasting well beyond the practice itself.

Dr. Caroline Leaf's research identifies what she calls the gratitude strategy as one of the most effective tools for interrupting toxic thought loops. When gratitude is genuine, not performed or forced, but authentically activated, it shifts the Default Mode Network away from ruminative self-referential thinking and activates the brain's positive anticipation system. It literally changes what the brain is looking for in the environment: a grateful brain begins to find more things to be grateful for, building a self-reinforcing cycle of positive neural change.

1 Thessalonians 5:18 does not say to give thanks for everything. It says in everything give thanks. The distinction is critical: gratitude does not require that you pretend circumstances are what they are not. It requires that in the midst of what is real, you deliberately locate what is also real and good. This is a skilled spiritual and neurological practice the capacity to hold both the difficulty and the gift without allowing the difficulty to erase the gift. That capacity is built one daily practice at a time.



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

WHAT THE EXPERTS SAY

“Gratitude is one of the most neurologically powerful practices available to the human brain. It interrupts toxic thought loops, activates the brain's reward system, and resets the Default Mode Network toward positive anticipation. It is not a soft spiritual practice — it is a hard neurological intervention.” — Dr. Caroline Leaf, *Cleaning Up Your Mental Mess*

“Gratitude changes the brain. It shifts attention from what is wrong to what is right, activates the prefrontal cortex, and releases neurochemicals that produce genuine wellbeing. A daily practice of gratitude is among the most evidence-based interventions in all of brain science.” — Dr. Daniel Amen, *You, Happier*

PRAYER POINTS

1. Father, I choose gratitude right now. Not as performance but as a genuine act of noticing. I begin to name what is real and good: Your presence, Your faithfulness, the specific gifts of this season, the blessings I have stopped seeing because familiarity made them invisible.
2. Lord, train my brain to notice what is good. Let the grateful Default Mode become more neurologically automatic than the critical one, through daily, sincere practice.
3. Holy Spirit, make gratitude my first response to difficulty rather than my last resort. Let it become the environment I live in, so that even in the hard seasons, thanksgiving is my instinctive language.
4. I declare that in everything I give thanks. I choose this practice not because all things are good, but because God is good in all things and His goodness is never absent, even when it is not obvious, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

Join us at www.fawnnation.org | Download the FAWN Nation App on iOS & Android

— From the Desk of Chief Seer, Dr. Andre Thomas —



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**