

Jesus BC: Gratitude & The Son of Man



Questions from Nov 23, 2025

(1) 70% of Americans feel generalized anxiety about the state of our world.

- ❖ 90% of media messages are negative. The best way to get people's attention is by making them feel afraid and angry.
- ❖ Fearful, angry people are less rational and easier to manipulate.

(2) The Solution is Trust and Gratitude Towards God

- ❖ Daniel 2 & 7 – God is sovereign over all human power structures. He has established an eternal kingdom ruled by a divine-human figure called “the Son of Man.”
- ❖ Luke 12 – Jesus identified himself as the Son of Man (his favorite title) and said that those who trust in His care should not be anxious. Instead, they can live full of gratitude and joy.
- ❖ Acts 14:17 – God also gives joy to non-Christians to help them be grateful and draw them to God.

(3) The Science of Gratitude Study at Cal Berkely

- One thousand people who struggle with melancholy and anxiety were asked to create a gratitude journal. They were instructed to spend 3-5 minutes per day writing what they were grateful for. After 3 months:
 - i. Gratitude enhanced dopamine and serotonin production.
 - ii. Gratitude rewired brains, causing default thinking to become more positive.
 - iii. Gratitude helped participants form stronger relationships.
 - iv. Gratitude helped regulate stress hormones.
- Start a daily gratitude journal this week!

Living Out

(1) What are you grateful for?