

Check this out.  
All the work is  
done! 😊



## The 8 T's of Grateful Living

### POWERPOINT SLIDES INSTRUCTIONS

(Delete this slide before presenting! 😊)

These slides are simply a helpful guide to get you started on the *8 T's of Grateful Living* theme. You can add, delete or edit them to suit your personal message.

To insert a **New Slide**. Select **New Slide** or **Layout** and select from the 25 x slide templates.\* Then simply insert your own text and images onto the slides.

\*If you would like to edit the 25 Master templates or make additional slide templates you will need to do the following: Select **View** > **Master** > **Slide Master**.

You can then duplicate a slide layout and make the changes you want. When you're done, simply select **Close Master View**.

# Why should we encourage Grateful Living? (Delete this slide before presenting! 😊)

This series of Grateful Living messages falls under the category of what we often call 'stewardship'—managing the things that God gives us—but for many listeners these messages will open up a whole new way of living abundantly (John 10:10).

You see, it's simple, yet profound. **God is love, and because he loves he gives** (see John 3:16). God calls us to be faithful stewards of His love by loving Him and *giving* His love to others. We do this by sharing *all* that we have and are.

***The very heart and foundation of stewardship isn't money, it's love.***

At its very essence, **Faithful Stewardship = Loving God and people with *all* we have and are.** We are to love God and people with everything, with our 8 T's—Time, Talents Testimony, Temple, Treasure, Territory, Tribe and God's Truth.

In the book *Counsels on Stewardship* by Ellen G. White, the word 'love' is used 36 times in just the first 18 pages! Love is the foundation of stewardship.

When we understand God's love we live gratefully. **Grateful Living is about whole-of-life giving.** It's about passing on the things that our loving Provider God gives to us. God gives, so that we can give. "And God is able to make *all* grace abound to you, so that in *all* things at *all* times having *all* that you need you will abound in *every* good work." (2 *Corinthians 9:8*)

The gospel calls for a whole new way of living, grateful living, and it places love at the centre—not money, investments, security, prestige or comfort. When we love like God loves, "when we love the world as He has loved it, then for us His mission is accomplished. We are fitted for heaven; for we have heaven in our hearts." (*Ellen G. White, The Desire of Ages, p. 641*)

So is this *8 Pillars of Grateful Living* really a stewardship series? Yes, because **grateful living leads to cheerful giving**, not only more faithful tithes and generous, systematic offerings, but *whole-of-life* giving, and that's what God invites us to experience.

***Welcome! to a whole new level of Christ-centred abundant living.***

# Grateful Living Topic: TEMPLE

**Message Overview** (Delete this slide before presenting! 😊)

**Key Scriptures:** 1 Corinthians 3:16-17; 3 John 1:2; Luke 2:52

**Key EGW Writings:** Christ's Object Lessons, pp. 346-348

**Goal:** Caring for my mind & body for God's service.

**Interview Idea:** Is there an inspiring person in your church or wider community who you can interview (maybe even by phone or Zoom) about glorifying God through caring for their body temple (physical, mental and spiritual health)?

The slides for the  
actual  
presentation start  
on slide #5.

(Delete this slide before presenting! 😊)



# GRATEFUL LIVING



The 2-minute video called  
***Grateful Living Overview & Introduction - Low Res***  
can be inserted here.

# The 8 T's of Grateful Living



# The 8 T's of Grateful Living



*Music: Anna Beaden & Kemy Ugendi*

GRATEFUL LIVING

A woman with dark curly hair, wearing a light grey sweater, is standing in a kitchen. She is focused on chopping a white vegetable, likely a carrot, on a wooden cutting board. The kitchen counter is cluttered with fresh produce, including leeks, a yellow bell pepper, and a red bell pepper. In the background, there is a gas stove with a black pot on it, and a bowl of fruit containing bananas and oranges. The kitchen has white cabinets and a speckled countertop. The overall atmosphere is clean and bright.

Temple

GRATEFUL LIVING

JESUS IS LORD OF THE MULTIPLYING HARVEST



A disciple is someone who in every way is becoming more like Jesus Christ.

*How did Jesus faithfully manage His TEMPLE?*



# Temple The Great Controversy



## God's Blueprint

- God created me and He knows what's best for my health and peace.
- My body is God's temple, and I am committed to using it for His glory.
- By protecting my physical temple, I am helping my mental and spiritual health.
- God wants to bless me with a long, healthy, satisfying life.
- I will protect my eyes, ears and mouth from things that will defile God's temple.

## Satan's Counterfeit

- My body is mine, so I can use it how I want. 'My body my choice.'
- God's diet for my eyes, ears and mouth is old-fashioned and boring.
- Poor health is just a matter of random chance, so I can live however I want.
- I will eat, drink and be merry today, and maybe decide to live better tomorrow.
- There's no relationship between diet and spirituality.



Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

*3 John 1:2 (NKJV)*



Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

*1 Corinthians 3:16-17 (NKJV)*



And Jesus increased in  
wisdom and stature, and in  
favour with God and men.

*Luke 2:52 (NKJV)*



And Jesus increased in wisdom  
[mental] and stature [physical], and in  
favour with God [spiritual] and men  
[social].

*Luke 2:52 (NKJV)*

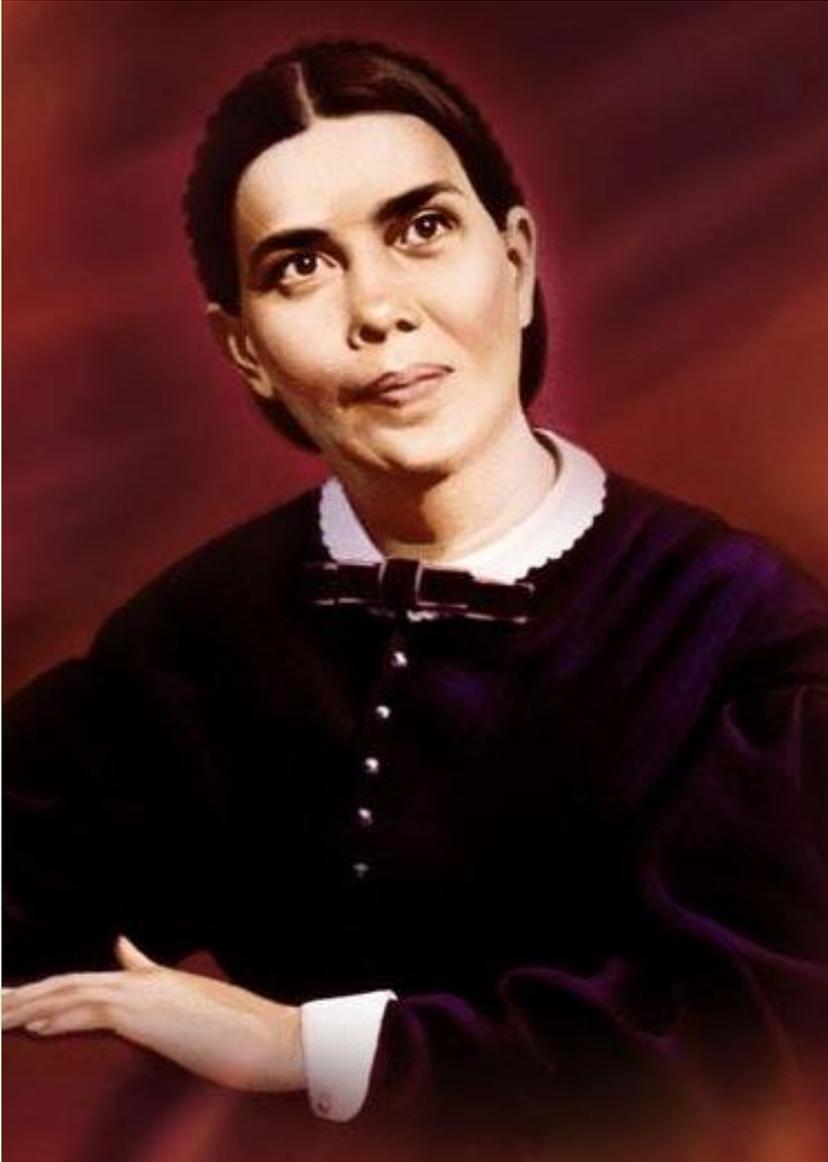
Today we'll focus on being faithful stewards of our temple's PHYSICAL and MENTAL health





“The relation of the physical organism to the spiritual life is one of the most important branches of education.”

*Ellen G. White, Christ's Object Lessons,  
348*



“I proclaimed health reform everywhere I went. ... I proclaimed the message of temperance in eating, drinking, and dressing. ... There were those in attendance at our camp meetings who ate and drank improperly. Their diet was not in harmony with the light God had given, and it was impossible for them to appreciate the truth in its sacred, holy bearing.”

*Ellen G. White, Counsels on Health, 531-2*



“Health is a blessing of which few appreciate the value; yet upon it the efficiency of our mental and physical powers largely depends. Our impulses and passions have their seat in the body, and it must be kept in the best condition physically and under the most spiritual influences in order that our talents may be put to the highest use.”

*Ellen G. White, Christ's Object Lessons, 346*



“God places a high estimate on those who do faithful service in preparing wholesome, palatable food. The one who understands the art of properly preparing food, and who uses this knowledge, is worthy of higher commendation than those engaged in any other line of work. This talent should be regarded as **equal in value to ten talents**; for its right use has much to do with keeping the human organism in health. Because so inseparably connected with life and health, it is the most valuable of all gifts.”

*Ellen G. White, Counsels on Diet & Foods, 251*

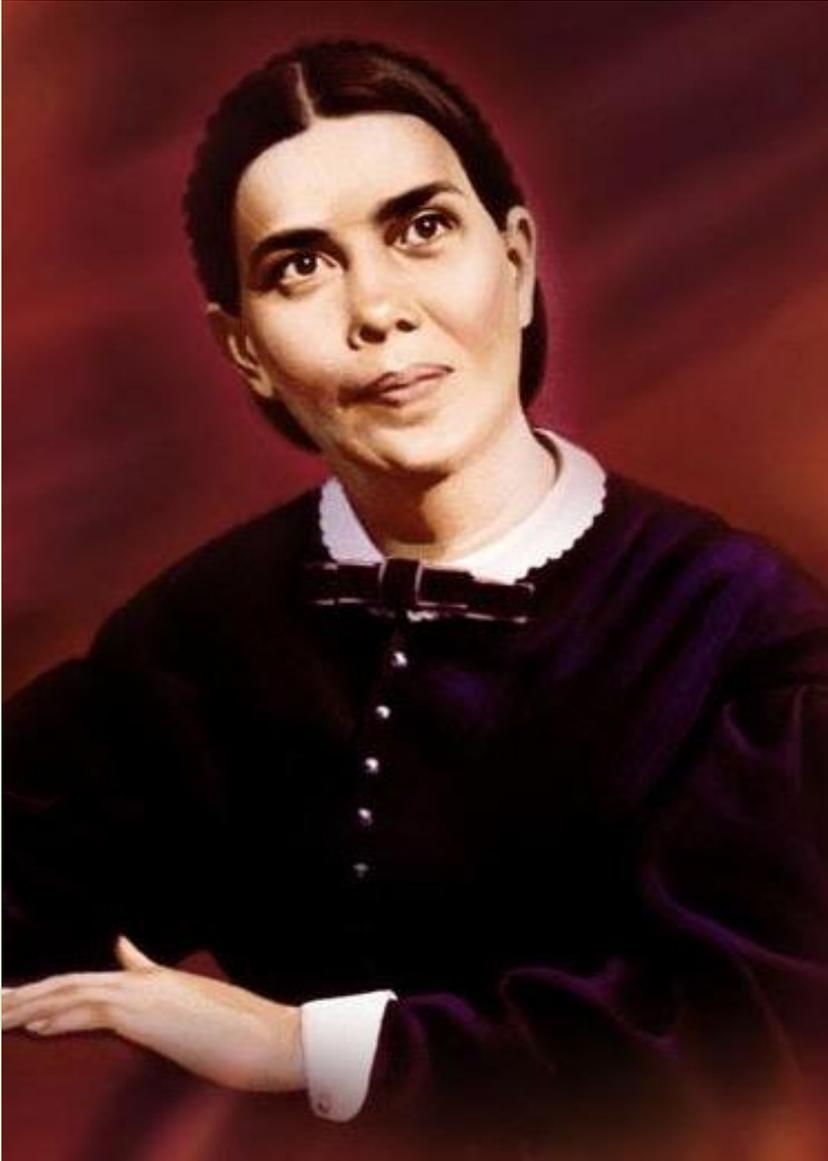
## The Gut-Brain Connection.

We're not saved by our health choices, but we can be lost by them. It's not 'salvation by decaf', or 'the gospel according to tofu', but our food and lifestyle choices do affect our ability to commune with God. They can open or close our arteries, our neural pathways and our sensitivity to the Holy Spirit's promptings.



“Anything that lessens physical strength enfeebles the mind and makes it less capable of discriminating between right and wrong. We become less capable of choosing the good and have less strength of will to do that which we know to be right.”

*Ellen G. White, Christ's Object Lessons, 346*



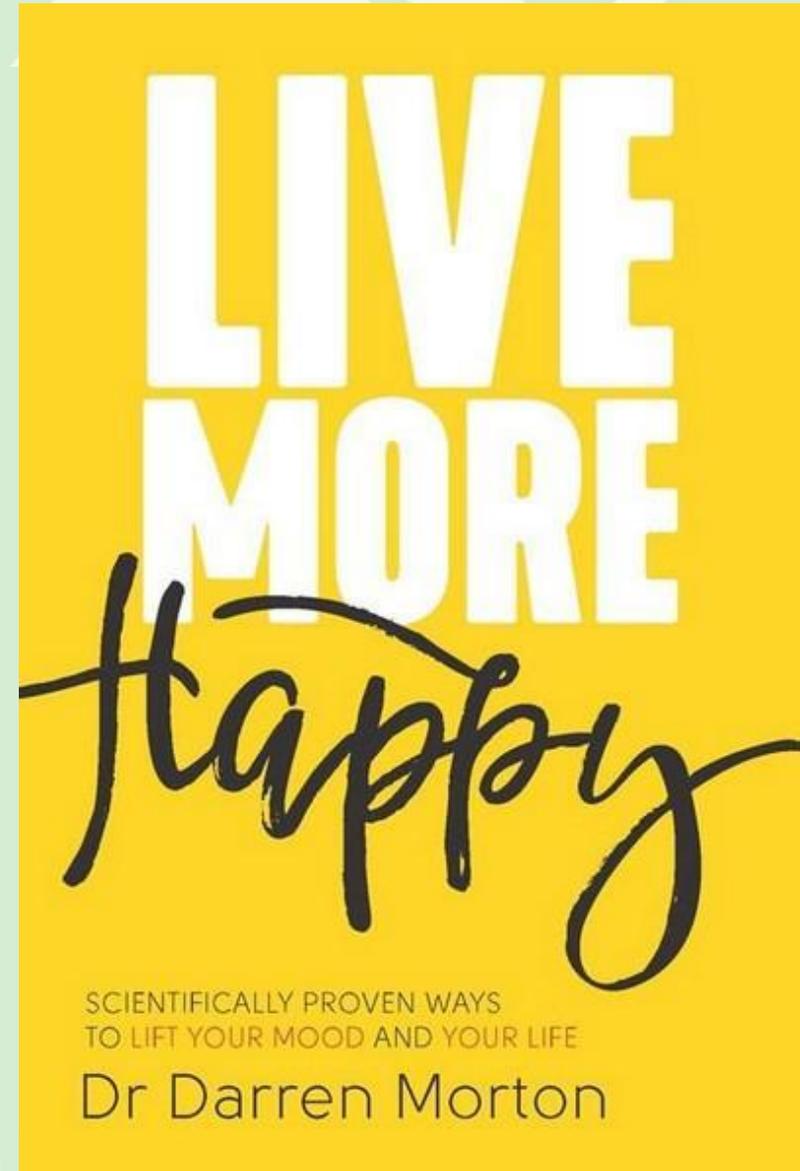
“Transgression of physical law is transgression of the moral law; ... His law is written with His own finger upon every nerve, every muscle, every faculty, which has been entrusted to man. And every misuse of any part of our organism is a violation of that law.”

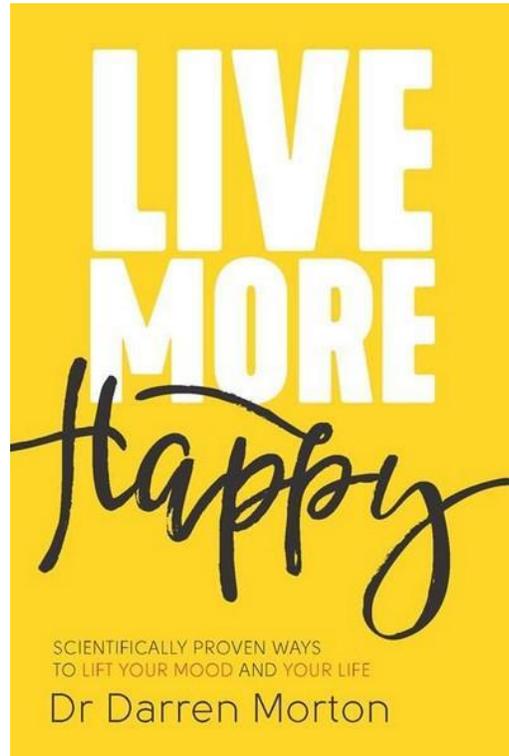
*Ellen G. White, Christ's Object Lessons, 347*

## *Dr Darren Morton*

“Australian researchers found that a Mediterranean-style diet, which emphasised fruits, vegetables, grains and legumes, relieved depression four times more effectively than when only social support was offered to the study participants. More recently, studies have found that a higher consumption of fruit and vegetables not only improves happiness, but also enhances other mental measures like curiosity and creativity.”

*BMC Medicine, 15, p.23*





## Get the Book ...

Dr Darren Morton's

**'Live More Happy'**

Scientifically proven ways to lift  
your mood and your life.

Visit [www.DrDarrenMorton.com](http://www.DrDarrenMorton.com)  
To buy/download the book

Live long. Die short.





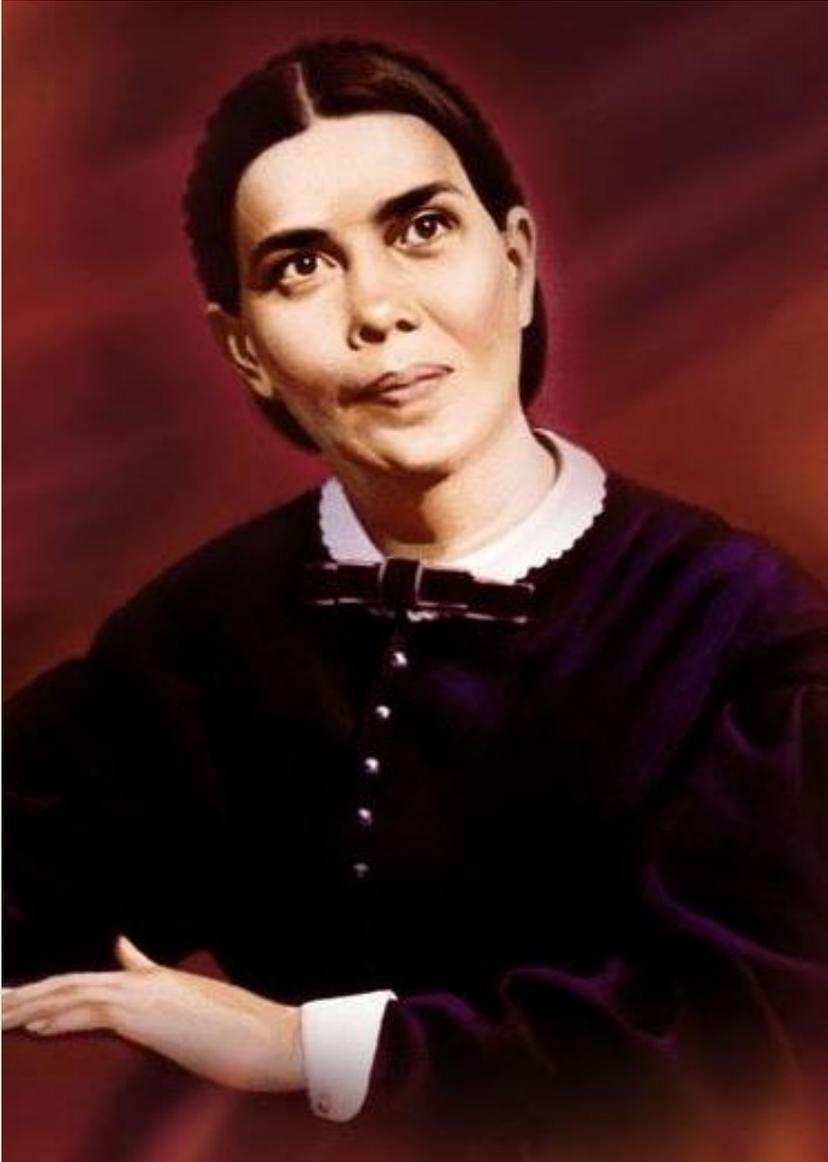
Every meal either heals or  
harms.

All that we consume with our mouth,  
ears and eyes has an impact.

“At least half of  
positive  
psychology occurs  
below the neck.”

Dr Martin Seligman  
*American Psychological Association*





“The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health.”

*Ellen G. White, Testimonies Vol. 4, 56*

“We scientists have found that doing a kindness produces the single most reliable momentary increase in well-being of any exercise we have tested... Here is the exercise: find one wholly unexpected kind thing to do tomorrow and just do it. Notice what happens to your mood.”

Dr Martin Seligman  
*American Psychological Association*



Motion creates  
emotion.



GRATEFUL LIVING

We die from  
the feet up.  
Keep moving!



Q. How to be faithful with my Temple?

A. A faithful steward does what their Master would do if He were present.

See *Counsels on Stewardship*,  
p. 113





# Temple

Grateful living  
leads to cheerful  
giving.

GRATEFUL LIVING