



*the way in is the way on  
following Jesus into our gratitude*



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## Luke 17:11-19

On the way to Jerusalem he was passing along between Samaria and Galilee. <sup>12</sup> And as he entered a village, he was met by ten lepers, who stood at a distance <sup>13</sup> and lifted up their voices, saying, "Jesus, Master, have mercy on us." <sup>14</sup> When he saw them he said to them, "Go and show yourselves to the priests." And as they went they were cleansed. <sup>15</sup> Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; <sup>16</sup> and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan. <sup>17</sup> Then Jesus answered, "Were not ten cleansed? Where are the nine? <sup>18</sup> Was no one found to return and give praise to God except this foreigner?" <sup>19</sup> And he said to him, "Rise and go your way; your faith has made you well."

# Gratitude

*Better physical and psychological health, increased happiness , life satisfaction, decreased materialism, less likely to suffer depression or burnout, adopts healthier habits, better sleep, less fatigue, more resilient, healthier social connections*

“...gratitude may live up to its reputation as “the mother of all virtues” by encouraging the development of other virtues such as patience, humility, and wisdom.”

*Greater Good Science Center at UC Berkeley 2018*

**James 1:16-17** Do not be deceived, my beloved brothers.

**17 Every good gift** and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change

**1 Thessalonians 5:16-19** Rejoice always, **17** pray without ceasing, **18** give thanks in all circumstances; for this is the will of God in Christ Jesus for you. **19** Do not quench the Spirit. **18** give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

**Philippians 4:8-9** Finally, brothers, **whatever** is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is **anything** worthy of praise, think about these things. <sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

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**What is good?**



# Practicing Gratitude

Understand - that every good gift and every perfect gift is from God.

Notice – whatever is good, true, honorable, just, pure, commendable, excellent or worthy of praise.

Reflect – spend some time thinking about these things

Thank God - “praising God with a loud voice and he fell on his face at Jesus' feet, giving him thanks.”

# Practice for following Jesus into our gratitude

*Journal as you work through each  
step of practicing gratitude.*