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<sup>11</sup> As Jesus continued on toward Jerusalem, he reached the border between Galilee and Samaria. <sup>12</sup> As he entered a village there, ten lepers stood at a distance, <sup>13</sup> crying out, “Jesus, Master, have mercy on us!” <sup>14</sup> He looked at them and said, “Go show yourselves to the priests.” And as they went, they were cleansed of their leprosy. <sup>15</sup> One of them, when he saw that he was healed, came back to Jesus, shouting, “Praise God!” <sup>16</sup> He fell to the ground at Jesus’ feet, thanking him for what he had done. This man was a Samaritan. <sup>17</sup> Jesus asked, “Didn’t I heal ten men? Where are the other nine?” <sup>18</sup> Has no one returned to give glory to God except this foreigner?”

**Luke 17:11-18 (NLT)**

### Three Statements That Will Help You Choose Gratitude

1. I know every \_\_\_\_\_ thing I have comes from \_\_\_\_\_.

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

**James 1:17 (NIV)**

2. I will not let what I \_\_\_\_\_ rob me of what I \_\_\_\_\_.

It is better to be happy with what you have than to always want more and more. Always wanting more and more is useless. It is like trying to catch the wind.

**Ecclesiastes 6:9 (ETRV)**

<sup>11</sup> ... for I have learned how to be content with whatever I have.

<sup>12</sup> I know how to live on almost nothing or with everything. I

have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. <sup>13</sup> For I can do everything through Christ, who gives me strength.

**Philippians 4:11-13 (NLT)**

3. I'll turn every \_\_\_\_\_ I have into \_\_\_\_\_.

<sup>4</sup> I will praise you as long as I live, and in your name I will lift up my hands. <sup>5</sup> I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.

**Psalms 63:4-5 (NIV2011)**

<sup>2</sup> Let all that I am praise the LORD; may I never forget the good things he does for me. <sup>3</sup> He forgives all my sins and heals all my diseases. <sup>4</sup> He redeems me from death and crowns me with love and tender mercies. <sup>5</sup> He fills my life with good things.

**Psalms 103:2-5a (NLT)**

My Next Step Today Is To...

- Meditate on and/or memorize Psalm 103:2
- Write at least two thank-you notes this week: One to God and one to someone who has blessed you.
- Make a blessing list and then assign each blessing to the calendar committing to praise God for that blessing on that day.
- Experience the gratitude that comes from receiving Jesus as my Savior and Lord by humbly praying this prayer.
  - Heavenly Father, Forgive me of my sins, make me brand new, I believe that Jesus died for me and he rose again so that I could live for you. Fill me with your Spirit so I can know, serve and follow you. My life is not my own, I give it to you. Thank you for this new life. In Jesus' name, Amen.