

GRATITUDE WORKS
The Practice of Gratitude
Luke 17:11-19

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. 1 Thessalonians 5:16-18 NLT

THE BIG TRUTH: Practicing gratitude is a discipline that requires an act of the will and intentional action on our part.

Practice gratitude by ...

1. Paying attention to your life (15a)

Then one of them, when he saw that he was healed,

- This man took notice of what had happened to him.
- The practice of gratitude begins by noticing what is happening in your life and reflecting on the meaning of the happenings.

Psalm 34

(Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away.)

I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the humble hear and be glad.

Psalm 103:2 Bless the Lord, O my soul, and forget not all his benefits,

2. Being deliberate in giving gratitude (15b)

... turned back...

- Undoubtedly all of the lepers were grateful for their healing, but only one turned back
- Practicing gratitude requires intentionality and sometimes resisting natural desires and emotions.
- *But the king (David) replied to Araunah, "No, I insist on buying it, for I will not present burnt offerings to the Lord my God that have cost me nothing." So David paid him fifty pieces of silver for the threshing floor and the oxen. David built an altar there to the Lord and sacrificed burnt offerings and peace offerings. And the Lord answered his prayer for the land, and the plague on Israel was stopped. 2 Samuel 24:24-25 ESV*

3. Using words to express gratitude (15c)

praising God with a loud voice...

- We sometimes assume people recognize our grateful actions and fail to verbally express our gratitude.
- Words are powerful tools to build up both ourselves and others.

- *Psalm 9:1, I will praise you, Lord, with all my heart; I will tell of all the marvelous things you have done.*
- *Isaiah 12:4, In that day you will say: "Give praise to the Lord, proclaim his name; make known among the nations what he has done, and proclaim that his name is exalted.*
- *Hebrews 13:15, Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.*

4. Treating thanksgiving as an act of worship (16)

and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan.

- *Colossians 3:17, And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.*
- *Psalm 50:14-15, "Sacrifice thank offerings to God, fulfill your vows to the Most High, and call on me in the day of trouble; I will deliver you, and you will honor me."*
- *Psalm 100:4, "Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him and bless his name."*
- *"Many of our doubts and fears would fly away if we praised God more. And many of our trials and troubles would altogether vanish if we began to sing of our mercies. Oftentimes, depression of spirit that will not yield to a whole night of wrestling, would yield to ten minutes of thanksgiving before God!" Charles Spurgeon*

The Lord's Supper is an act of worship and thanksgiving,

And he took a cup, and when he had given thanks (eucharistēsas) he said, "Take this, and divide it among yourselves... And he took bread, and when he had given thanks (eucharistēsas), he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." Luke 22:17-19 ESV