

I'M GRATEFUL

Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. ¹² As he was going into a village, ten men who had leprosy met him. They stood at a distance ¹³ and called out in a loud voice, "Jesus, Master, have pity on us!" ¹⁴ When [Jesus] saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. ¹⁵ One of them, when he saw he was healed, came back, praising God in a loud voice. ¹⁶ He threw himself at Jesus' feet and thanked him—and he was a Samaritan. ¹⁷ Jesus asked, "Were not all ten cleansed? Where are the other nine?" ¹⁸ Has no one returned to give praise to God except this foreigner?" Luke 17:11-18

THREE STATEMENTS THAT WILL HELP YOU CHOOSE GRATITUDE

I KNOW EVERY _____ THING I HAVE COMES FROM _____.

Every good and perfect gift is from above... James 1:17

NOTES: _____

I WILL NOT LET WHAT I _____ ROB ME OF WHAT I _____.

Better what the eye sees than the roving of the appetite....
Ecclesiastes 6:9

...For I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through [Christ] who gives me strength.

Philippians 4:11-13

NOTES: _____

I'LL TURN EVERY _____ I HAVE INTO _____.

I will praise you as long as I live, and in your name I will lift up my hands. ⁵ I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. Psalm 63:4-5

Let all that I am praise the LORD; may I never forget the good things he does for me. ³ He forgives all my sins and heals all my diseases. ⁴ He redeems me from death and crowns me with love and tender mercies. ⁵ He fills my life with good things.... Psalm 103:2-5

NOTES: _____

REFLECTION

Share a job, relationship, or possession you really want. How does your desire affect your view of what you have?

Write at least two thank-you notes this week: one to God and one to someone who's blessed you.