Thank You, Lord
Luke 17:9-11

Gratitude can be…
- Intentional, not just intuitive
- Disciplined as well as spontaneous
- Something we express, not just something we feel

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

Every good gift comes from the Giver:
- Matthew 5:43-45
- James 1:16-18

What about the bad and hard stuff of life?
- James 1:2-4
- Philippians 4:4-7

"Behavior can change biology."

Big idea: good news may result in gratitude to the Lord, but expressing gratitude to the Lord always brings good news.

Challenge: choose to say "thank you, Lord" more about little things, big things, and in all things.

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude."

A. A. Milne

DIGGING DEEPER QUESTIONS

Say it together out loud: "Thank you, Lord." Did that feel more like your favorite comfortable pair of shoes or like breaking in new cowboy boots? Why do you think that is?

Read Luke 17:11–19 aloud. Jesus told them to go show themselves to the priests, something they could only do after being healed, and they were cleansed "as they went." Why might Jesus work this way? Have you ever taken a step of faith before you saw God move? Is there a next step you sense God prompting you toward right now?

The other nine were surely thankful, but only one came back to thank the Giver, and he was the outsider, a Samaritan. What's the difference between feeling grateful and expressing it? What keeps us from "coming back" to thank God?

Read James 1:16–18, Matthew 5:43–45, 1 Thessalonians 5:16–18 and Philippians 4:4–7. What do you learn about gratitude from these passages? Has there been a hard season when choosing gratitude changed how you saw things?

If you're in a group, have each person thank someone else in the group for something specific: something they did, how they've encouraged you, or a quality you see God at work in. Try to make sure everyone is thanked by someone.

Spend a few minutes in "popcorn" prayer where each person prays a short sentence starting with "Thank you, Lord, for…" Try to hit on big things, little things, and gratitude in the middle of hard things.