

# abundant life

A photograph of a field of yellow wildflowers, likely mustard or similar, growing in a dense, sprawling patch. The flowers are small and yellow, arranged in small clusters along thin green stems. The background is a clear, vibrant blue sky, suggesting a bright, sunny day. The overall image has a natural, peaceful feel.

Luke 17:11-19

# HOW MANY CALORIES DOES THE AVERAGE PERSON CONSUME ON THANKSGIVING?



# HOW MANY CALORIES DOES THE AVERAGE PERSON CONSUME ON THANKSGIVING?

3,350

3,700

4,100

48.000

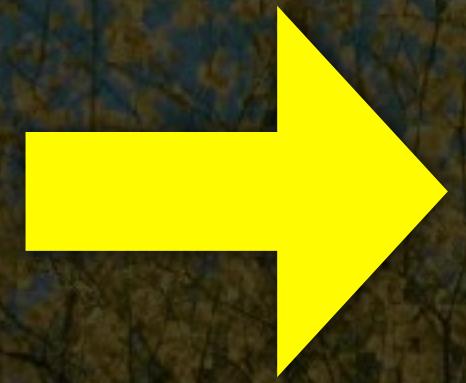
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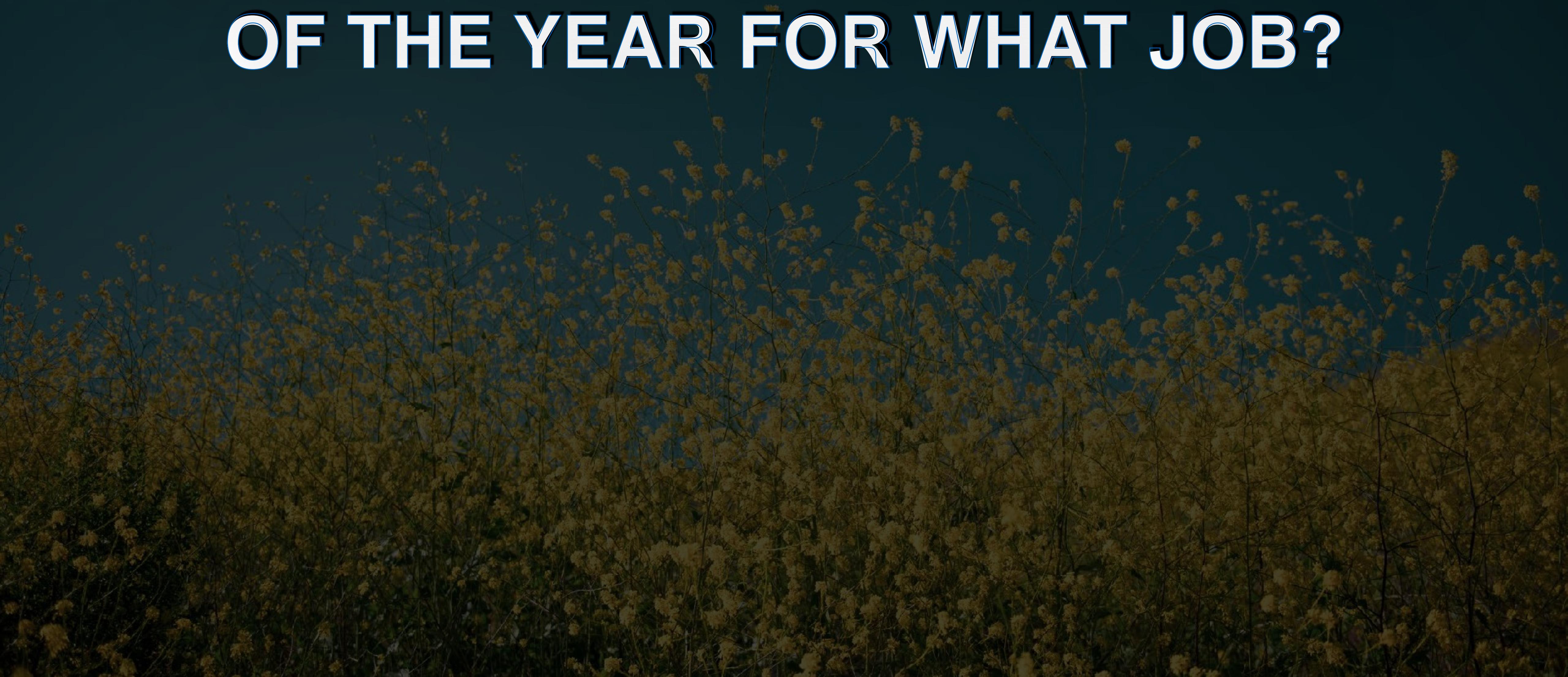
3,700

4,100

48.000



**BLACK FRIDAY IS THE BUSIEST DAY  
OF THE YEAR FOR WHAT JOB?**

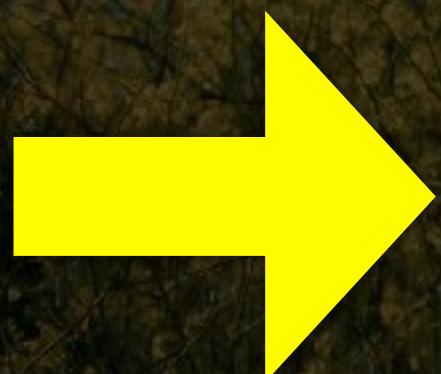


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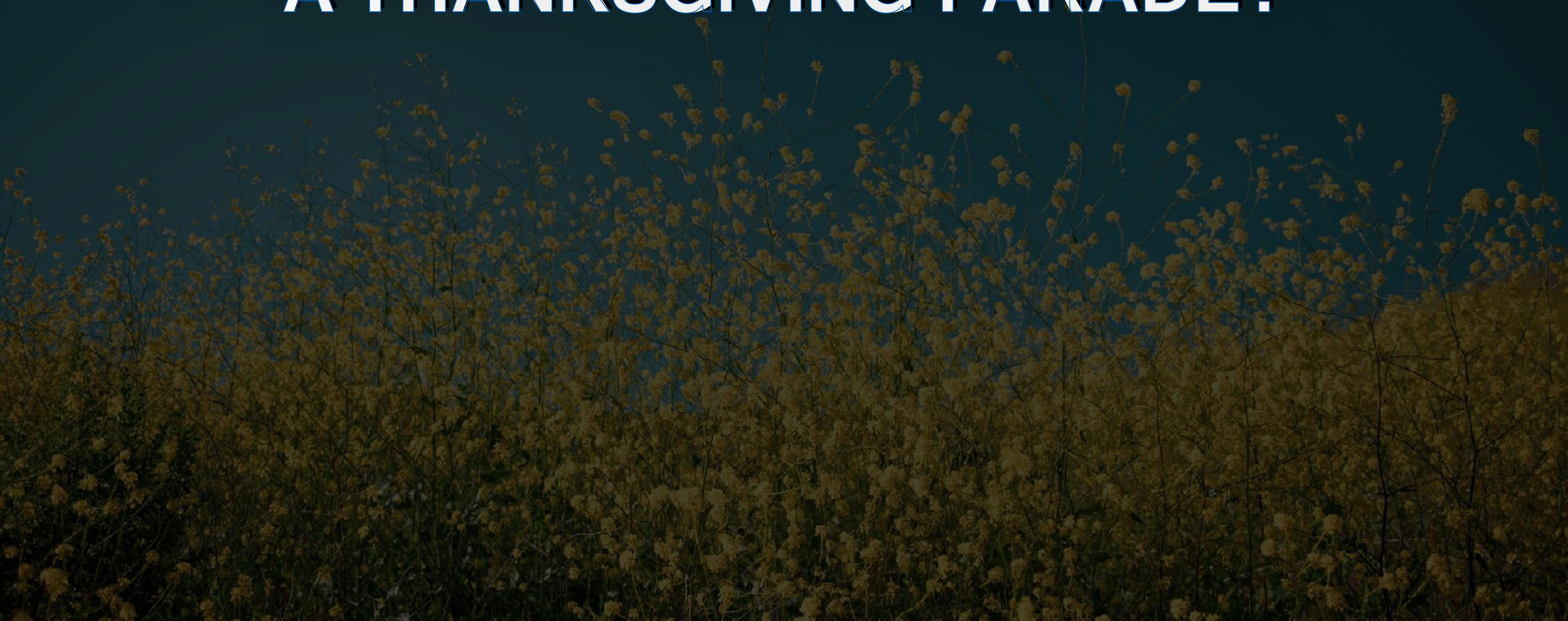
- PERSONAL TRAINERS
- DIETITIANS
- CLEANERS
- PLUMBERS

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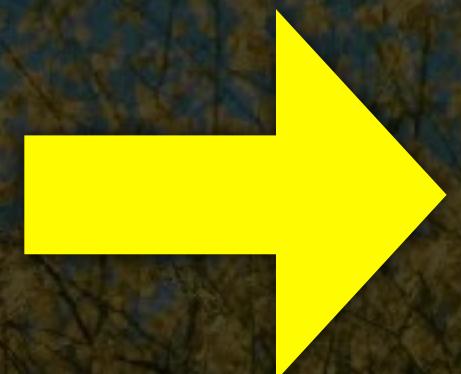
**WHAT WAS THE FIRST STORE TO DO  
A THANKSGIVING PARADE?**



# WHAT WAS THE FIRST STORE TO DO A THANKSGIVING PARADE?

- SEARS
- PENNEYS
- GIMBELS
- MACY'S

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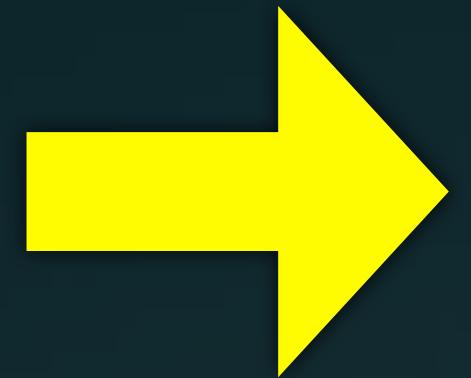
- SEARS
- PENNEYS
- **GIMBELS**
- MACY'S

# WHY IS THANKSGIVING SO AWESOME?

A photograph of a field of yellow wildflowers, likely desert wildflowers, with a dark, semi-transparent overlay covering the entire image. The flowers are small and yellow, growing on thin stems. The background is a dark, solid color.

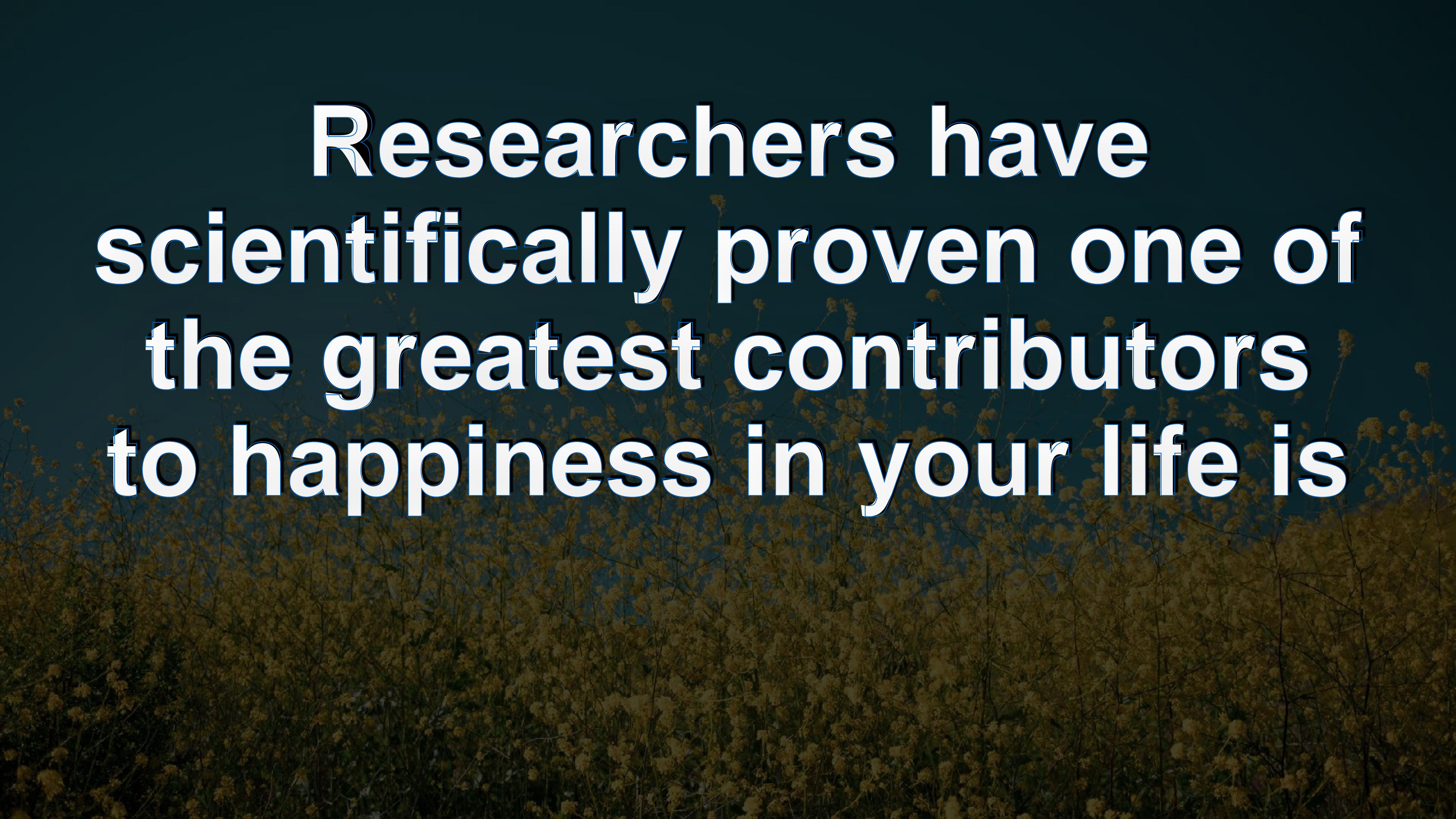
# WHY IS THANKSGIVING SO AWESOME?

- FOOTBALL
- FOOD
- FAMILY
- FUN

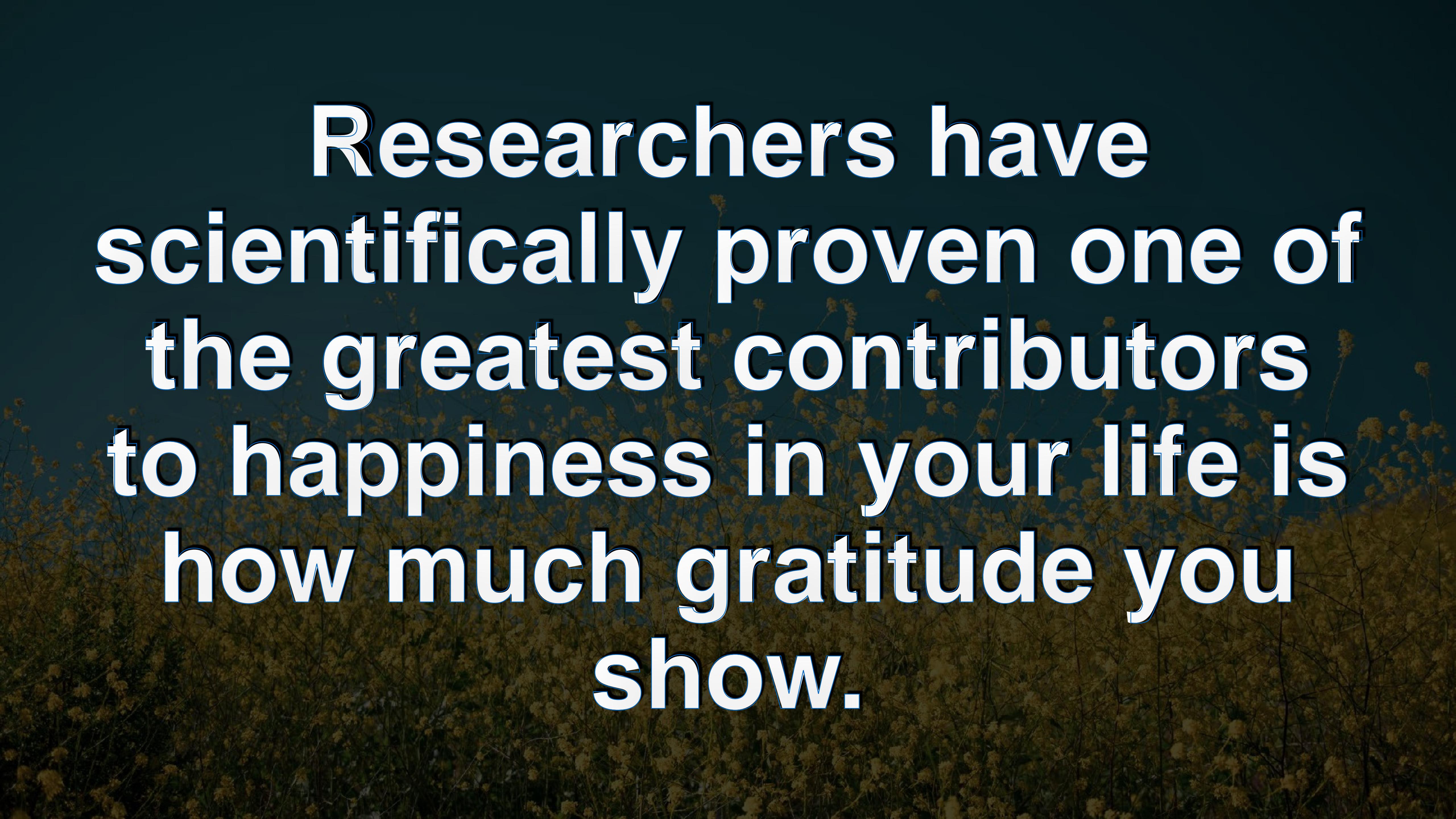


# WHY IS THANKSGIVING SO AWESOME?

- FOOTBALL
- FOOD
- FAMILY
- FUN

A dark, semi-transparent overlay of a field of small yellow flowers, possibly mustard or dandelions, is visible in the background. The flowers are scattered across the frame, with more prominent ones in the center and smaller ones fading into the background.

Researchers have  
scientifically proven one of  
the greatest contributors  
to happiness in your life is



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# KEY CONCEPT

Gratitude:  
More than a way of **feeling**.

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More than a way of **feeling**.  
**It's a way of seeing.**

# KEY CONCEPT

Gratitude:

More than a way of **feeling**.  
It's a way of **seeing**.  
And a way of **acting**.

“Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee.”

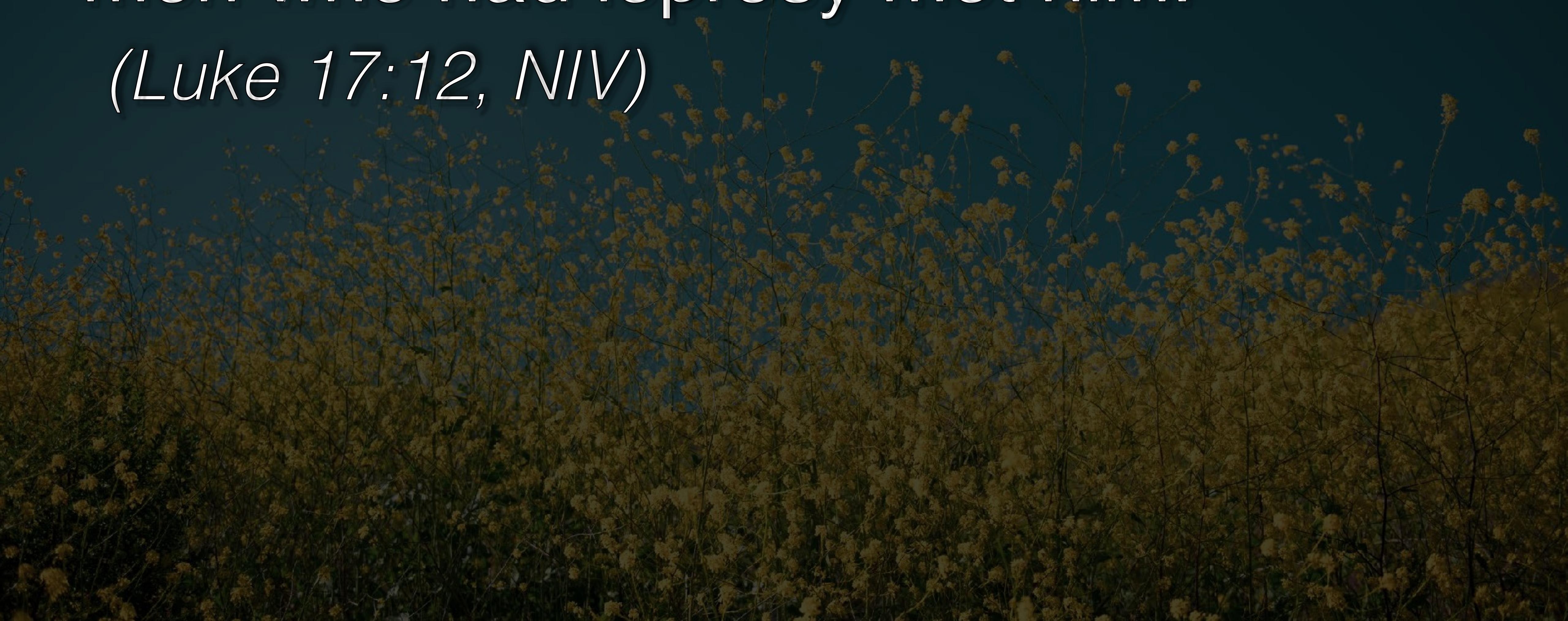
*(Luke 17:11, NIV)*

*Mediterranean (Great Sea)*



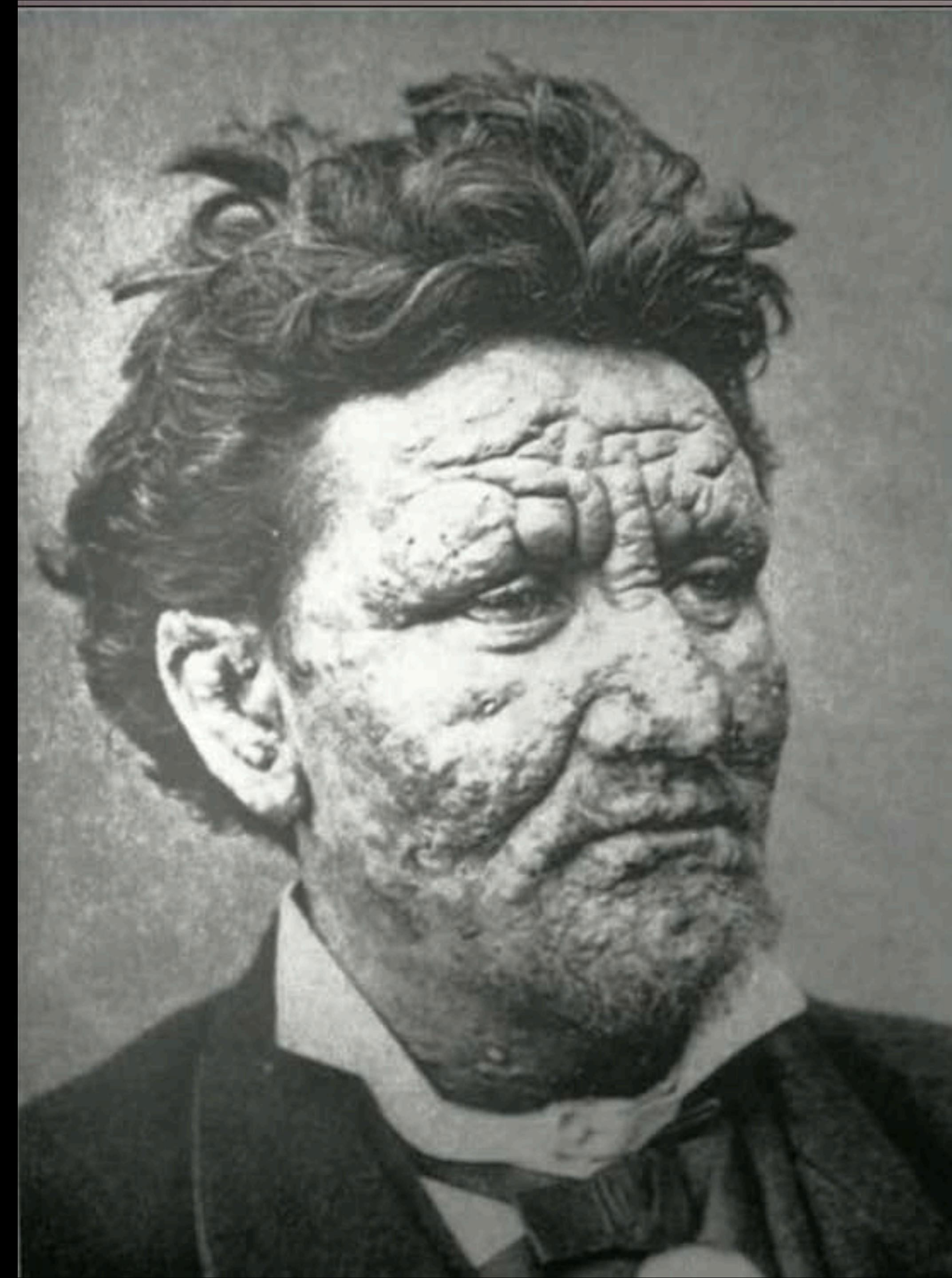
“As he was going into a village, ten men who had leprosy met him.”

*(Luke 17:12, NIV)*



“As he was going into a village, ten men who had **leprosy** met him.”

*(Luke 17:12, NIV)*







They stood at a distance and called out in a loud voice, “Jesus, Master, have pity on us!”

*(Luke 17:13, NIV)*

When he saw them, he said, “Go,  
show yourselves to the priests.”

*(Luke 17:14a, NIV)*

When he saw them, he said, “Go,  
show yourselves to the priests.”

*(Luke 17:14a, NIV)*

“And as they went, they were cleansed. One of them, when he saw he was healed, came back, praising God in a loud voice.”

*(Luke 17:14b, 15, NIV)*

“And as they went, they were cleansed. One of them, when he saw he was healed, came back, praising God in a loud voice.”

*(Luke 17:14b, 15, NIV)*

“He threw himself at Jesus’ feet and thanked him — and he was a Samaritan.”

*(Luke 17:16, NIV)*

“Jesus asked, ‘Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?’ Then he said to him, ‘Rise and go; your faith has made you well.’”

*(Luke 17:17-19, NIV)*

# 1. THE PATTERN OF GRATITUDE

“One of them, when he **saw** he was healed, came back, praising God in a loud voice. He threw himself at Jesus’ feet and thanked him...”

*(Luke 17:15, 16, NIV)*

# 1. THE PATTERN OF GRATITUDE

- See my blessing

“One of them, when he saw he was healed, **came back**, praising God in a loud voice. He threw himself at Jesus’ feet and thanked him...”

*(Luke 17:15, 16, NIV)*

# 1. THE PATTERN OF GRATITUDE

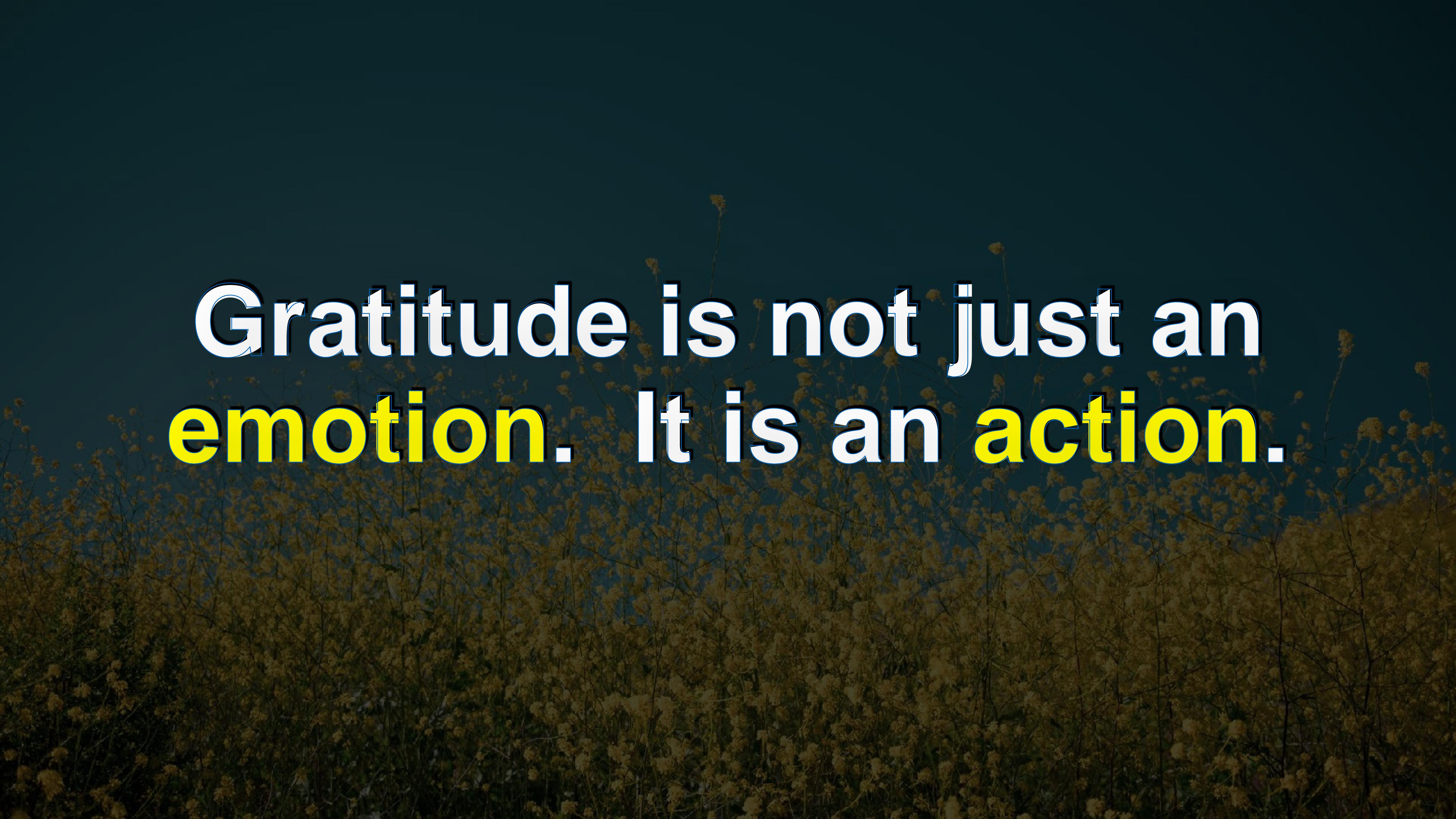
- See my blessing
- Stop my task

“One of them, when he saw he was healed, came back, **praising God** in a loud voice. He threw himself at Jesus’ feet **and thanked him...**”

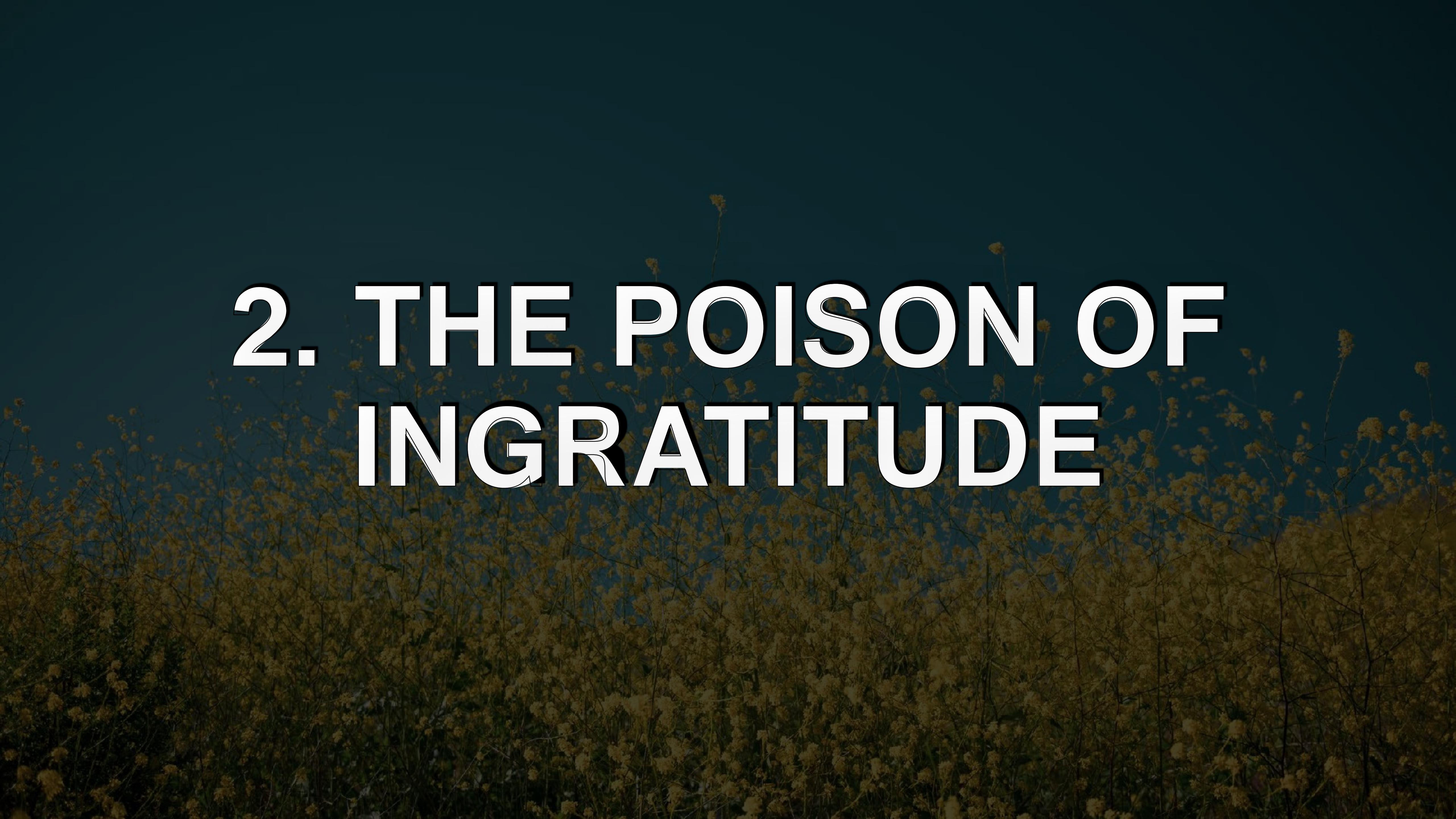
*(Luke 17:15, 16, NIV)*

# 1. THE PATTERN OF GRATITUDE

- See my blessing
- Stop my task
- Say my thanks

A dark, atmospheric photograph of a field of small, yellow wildflowers, possibly mustard or dandelions, at night or in low light. The flowers are scattered across the frame, with some taller plants visible in the background. A dark, semi-transparent rectangular overlay covers the upper half of the image, containing a text message.

Gratitude is not just an  
emotion. It is an action.



## 2. THE POISON OF INGRATITUDE



Unexpressed gratitude  
communicates ingratitudo



**Unexpressed gratitude  
is experienced as rejection**

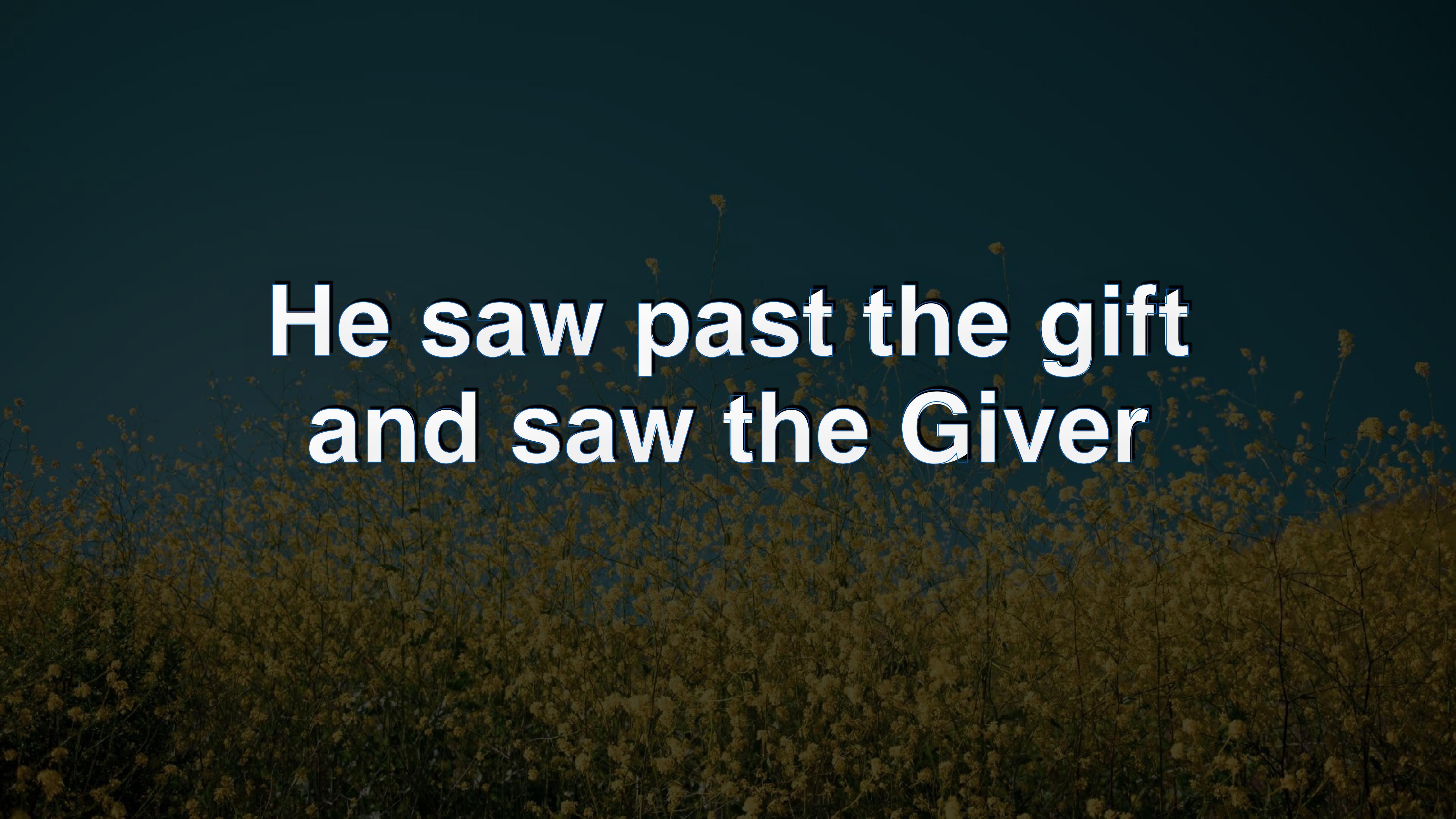
# 3. THE PRINCIPLE THAT MAKES THE DIFFERENCE



GEBHARD FUGEL, *CHRIST AND THE LEOPERS*

“One of them, when he saw he was healed, came back, praising God in a loud voice. **He threw himself at Jesus' feet** and thanked him...”

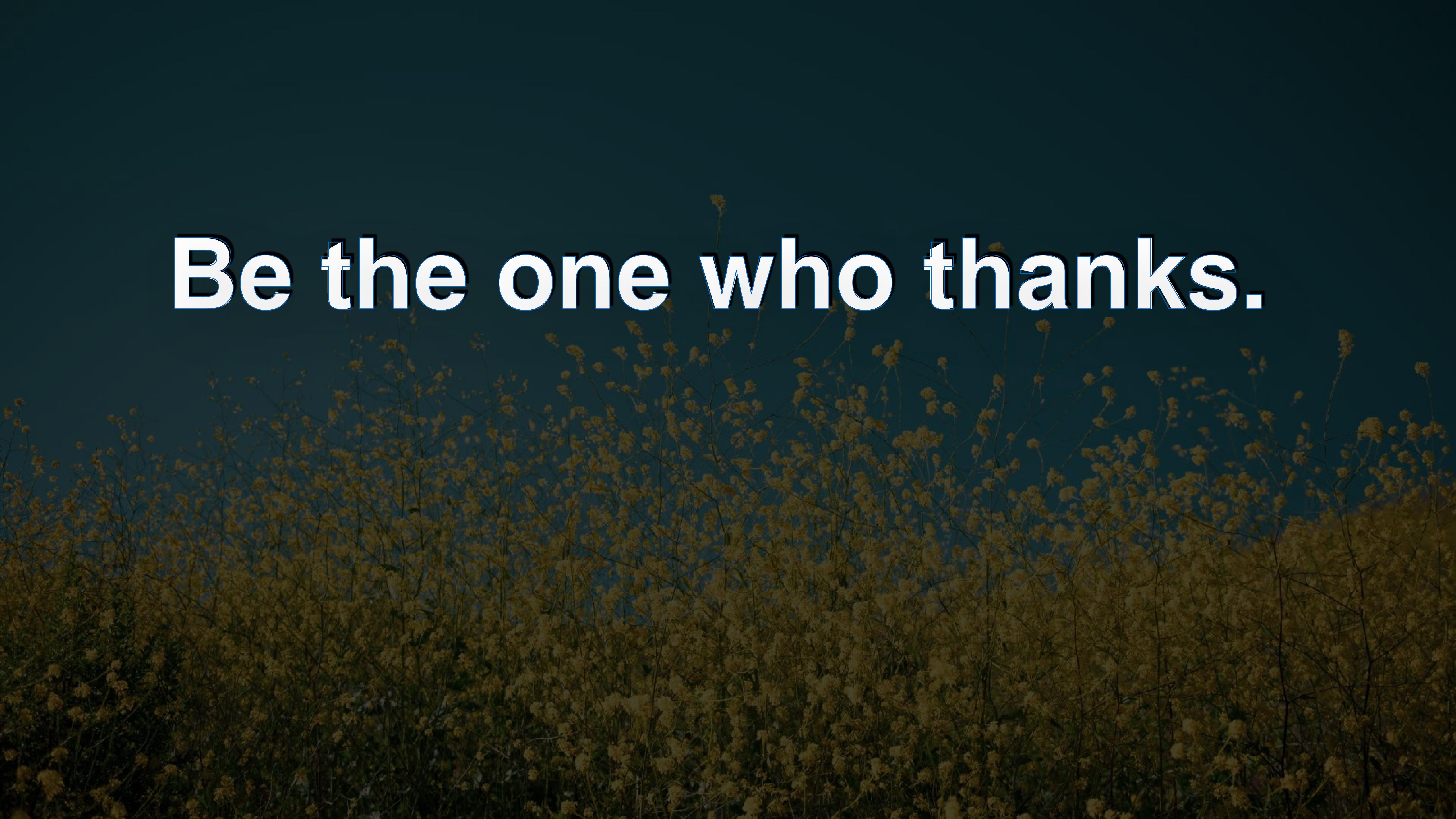
*(Luke 17:15, 16, NIV)*



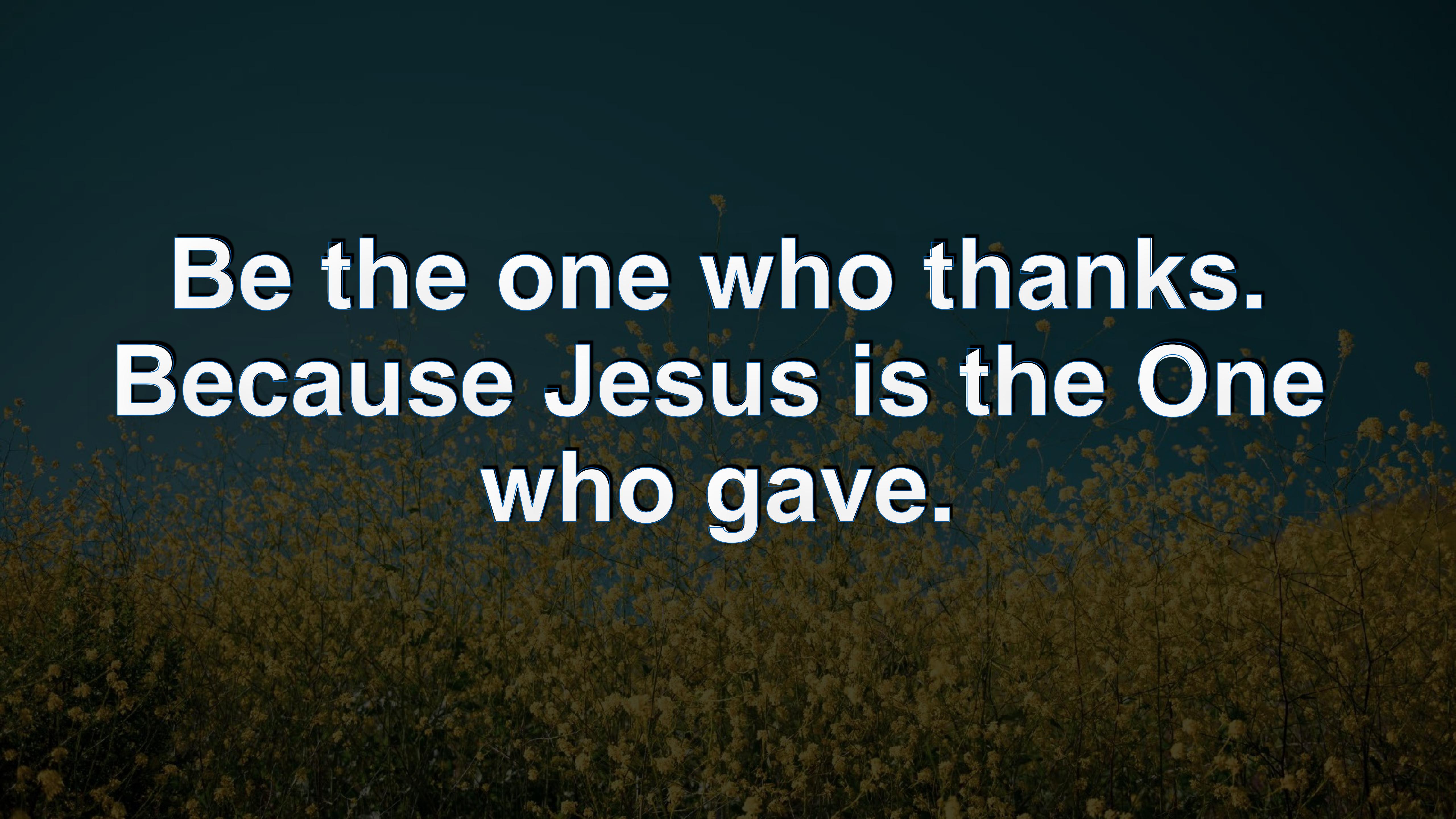
**He saw past the gift  
and saw the Giver**

Realizing:  
I had a need I could do  
nothing to resolve.

Realizing:  
I had a need I could do  
nothing to resolve.  
I received grace I did  
nothing to deserve.

A photograph of a field of small, yellow wildflowers, likely desert wildflowers, growing on a hillside. The flowers are densely packed along thin stems. The image is taken at night or in low light, with a dark, semi-transparent overlay covering the entire frame, except for the text.

Be the one who thanks.



Be the one who thanks.  
Because Jesus is the One  
who gave.

## APPLICATION

This week, will you reach out to three people and thank them specifically for blessings they've given you?

# APPLICATION

## Gratitude:

**It's not enough to **feel** it.  
You've got to **reveal** it.**

# abundant life

A photograph of a field of yellow wildflowers, likely mustard or similar, under a clear, vibrant blue sky. The flowers are densely packed on tall, thin stems, creating a textured, yellow-green carpet across the frame. The lighting is bright and natural, suggesting a sunny day.

Luke 17:11-19