

Living a Thankful Life

November 19th, 2023

Philadelphia Church

Pastor Derek Forseth

Luke 17:11-19 NKJV

Now it happened as He went to Jerusalem that He passed through the midst of Samaria and Galilee. ¹² Then as He entered a certain village, there met Him ten men who were lepers, who stood afar off. ¹³ And they lifted up their voices and said, “Jesus, Master, have mercy on us!”

Luke 17:11-19 (cont) NKJV

14 So when He saw them, He said to them, “Go, show yourselves to the priests.” And so it was that as they went, they were cleansed.

15 And one of them, when he saw that he was healed, returned, and with a loud voice glorified God, 16 and fell down on his face at His feet, giving Him thanks. And he was a Samaritan.

Luke 17:11-19 (cont) NKJV

17 So Jesus answered and said, “Were there not ten cleansed? But where are the nine? 18 Were there not any found who returned to give glory to God except this foreigner?” 19 And He said to him, “Arise, go your way. Your faith has made you well.”

Benefits of being thankful:

- 1. Boosts the immune system.**
- 2. Enhances our ability to handle stress.**
- 3. Lowers depression.**
- 4. Increases energy.**
- 5. Increases determination and strength.**
- 6. Helps us sleep better at night.**

- Dr. Emmons

Gratitude Busters:

- 1. Busyness and distraction**
- 2. Being overly negative**
- 3. Adapting too quickly**
- 4. Envy or jealousy**

Quote

Gratitude is intentionally chosen, deliberately trained, and exercised in all circumstances. It is not dependent on changing conditions, but on mindset. It is not waited for but pursued.

- Anon

1 Thessalonians 5: 16-18 NKJV

Rejoice always, ¹⁷ pray without ceasing, ¹⁸ in everything give thanks; for this is the will of God in Christ Jesus for you.