



COMMUNITY OF FAITH

PATTERNS

GRATITUDE

¹² As he entered a village there, ten men with leprosy stood at a distance, ¹³ crying out, "Jesus, Master, have mercy on us!" ¹⁴ He looked at them and said, "Go show yourselves to the priests." And as they went, they were cleansed of their leprosy.

¹⁵ One of them, when he saw that he was healed, came back to Jesus, shouting, "Praise God!" ¹⁶ He fell to the ground at Jesus' feet, thanking him for what he had done. This man was a Samaritan.

*¹⁷ Jesus asked, "Didn't I heal ten men? Where are the other nine? ¹⁸ Has no one returned to give glory to God except this foreigner?" **Luke 17:12-18** (NLT)*

How do we cultivate a heart of gratitude?

Bless the Lord, O my soul, and all that is within me, bless his holy name! ² Bless the Lord, O my soul, and forget not all his benefits, ³ who forgives all your iniquity, who heals all your diseases, ⁴ who redeems your life from the pit, who crowns you with steadfast love and mercy,

⁵ who satisfies you with good so that your youth is renewed like the eagle's.

Psalms 103:1-5 (ESV)

1. By training our soul to **intentionally remember** all that God has done for us.

*Do not become proud at that time and forget the Lord your God, who rescued you from slavery in the land of Egypt. **Deuteronomy 8:14** (NLT)*

2. We're called not only to be grateful, but to be **specific in our gratitude**.

*...who forgives all your iniquity, **v. 3a***

Grace isn't just a favor given to someone who doesn't deserve it...
it's a favor given to someone who deserves the complete opposite.

*...who heals all your diseases, **v. 3b***

*...who redeems your life from the pit, **v. 4a***

*who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's. **vs. 4b-5***