

Introduction:

- Ie. Rudyard Kipling was an English author, yet born in Bombay, India. He wrote poetry and is the author of books like Captain Courageous, How the Leopard Got His Spots, and The Jungle Books.
 - Kipling's writings not only made him famous but also brought him a fortune. A newspaper reporter came up to him once and said, "Mr. Kipling, I just read that somebody calculated that the money you make from your writings amounts to over one hundred dollars a word."
 - The reporter reached into his pocket and pulled out a one hundred-dollar bill and gave it to Kipling and said, "Here's a one hundred dollar bill, Mr. Kipling. Now you give me one of your hundred dollar words."
 - Rudyard Kipling looked at the money, put it in his pocket and said, "Thanks!" Well, the word "thanks" is certainly a one hundred dollar word. We are going to put it into our pocket and enjoy some outlandish dividends in days to come!
- Gratitude is way more powerful than most of us realize and very beneficial to both giver and receiver. In relationships it is super life-giving and healthy.
- Lets start with this young girl in this video. I really like what she says. See if you can catch it. Girl in video "The path can lead you to something beautiful." (3:40-4:51)[Gratitude, Louie Schwartzberg, Ted Talk]
 - **Gratitude is a path that can lead you to something beautiful!
 - We are going to embark on a journey all through the month of November. This journey is called Cultivating a Grateful Heart!
 - The goal is to practice gratitude every day in multiple ways so that it becomes a part of our everyday life styles.
- Luke 17:11-17. (16&17) *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.* NLT If you were to infer the truth of this story on general humanity, we could say that nine out of ten people never really pause to give thanks

I. A Glimpse of Gratitude

- A. In order to find something you have to know what you are looking for. If I asked you to go into my garage and get a 'speed square'. Most would not have a clue what you are looking for. But if I describe it to you, your chances of finding it would increase. But, if you found it you would not really know how to use.
1. When it comes to gratitude, many people are like that. If I describe it you know what it looks like and if I show you how it works, then you to can do it. So let me describe it to you and show you how it works.
 2. **Gratitude: Is showing (and expressing) a feeling of thankfulness and appreciation.
 3. In the O.T. one of the words for 'grateful' is *samah* denotes being glad or joyful with the whole disposition as indicated by its association with the heart (cf. Ex 4:14; Ps 19:8 [H 9]; 104:15; 105:3), the soul (Ps 86:4); and with the lighting up of the eyes (Prov 15:30) *Theological Wordbook of the Old Testament* Chicago: Moody Press.
 4. In the NT. Eucharist: Some churches call communion time 'the eucharist'.
 - a) *eucharistéō* means "to show a favor," the meaning "to be thankful" or "to give thanks" develops. We also find the sense "to pray."
 - b) *eucharistia* is common on inscriptions and means "gratitude" or "giving thanks.

- c) *eucháristos* has the senses “pleasant,” “grateful,” and “beneficent.” *Theological Dictionary of the New Testament* (pp. 1306–1307). Grand Rapids, MI: W.B. Eerdmans.
5. So gratitude is being thankful and expressing that thankfulness to the person who blessed you. It has a heart connection attached to it. I.e. “Mom, thank you for making dinner.” “Dad, thank you for praying with me.” “Thank you for taking time to talk to me today.” “God, thank you for my family.” With that in mind lets, look at our scripture.
- B. From the scripture: Luke 17:11-17
1. To be a leper meant no intimacy with anyone. Not family, friends, or community. You are cut off. You are separated. Many people live separated from each other because of offense, miss understanding, fear. Jesus creates a situation for 10 men to express gratitude. **Gratitude closes the gap between giver and receiver creating a wonderful opportunity of relationship.
 2. The returning healed man vs 15 “perceived” Eidon - to perceive, to see, to know or understand. He saw the gift and saw the giver.
 3. The returning healed man saw the priority of expressing gratitude! He saw the difference that Jesus made in his life. If you perceive what has been given to you and who has given to you, you experience gratefulness. And now there exists a priority to express it. **Gratitude not expressed is not gratitude. The healed man made it a priority to express his gratitude to Jesus.
 4. He glorified God- ascribed value and worth to God. He asked loudly and he praised loudly!

II. Why Practice Gratitude?

- A. People aren’t hardwired to be grateful. And, like any skill worth having, gratitude requires practice. Sometime you have to learn it first. And sometimes learning a new thing is awkward.
- B. Gratitude builds others up and it lifts you up as well. I get strengthened inside.
- C. With every expression of gratitude a bond is strengthened. Connection increases relationally.
- D. With every expression of gratitude a trust is built.
- E. With every expression of gratitude a conversation is encouraged.
- F. Gratitude helps us realize what we have. This can lessen our need for wanting more all the time.
- G. Gratitude strengthens relationships, improves health, reduces stress, and, in general, makes us happier.
- H. Gratitude puts situations into perspective. When we can see the good as well as the bad, it becomes more difficult to complain and stay stuck.
- I. When we see ourselves in each other it connects us all as one. I.e. Do to others as you would have them do to you.

III. How to practice Gratitude.

- A. Four steps to practicing gratitude.
 1. **Make a choice to be grateful understanding the rewards of a grateful lifestyle.
 - a) Choose to cultivate a grateful heart.
 - b) Choose to learn the art of being grateful.
 2. **Recognizing what we’re grateful for: I.e. take a moment and think of something you are grateful for. I.e. Like the Samaritan in our scripture: Can you see the gift? Can you

- see the Giver of the gift? We must look to recognize. Ie To find the 'speed square' you must look for the speed square.
3. **Appreciating it - let the value of what you have received sink in. See the heart of the giver (even if they are a stranger...waiter).
 4. **Acknowledging it - show or express gratitude in recognition of both gift and giver.
- B. Keep a gratitude journal. Ie. You should have purchased a 3x5 spiral notebook by now.
1. At the top of each page place the date.
 2. **Next write an expression of Gratitude to God (be specific).
 - a) I encourage you to start your day here.
 - b) ie. weak: thank you for my mom strong: thank for the way mom loved me today by walking with me.
 3. **Next write a journal entry of some you expressed gratitude to today. ie. Today I expressed gratitude to my dad: "Thanks dad, for taking me fishing!"
 4. **Why do this? It forces us to reflect on our day recognizing (perceiving when we have received something at another persons expense. It encourages us to be purposeful in expressing gratitude. We learn by doing. When the book is full and we read back through it we will value others and God all the more. Plus: We will see the value of expressing gratitude. We will see we have much to be grateful for.
- C. 5 do and dont's to make the most of giving and receiving gratitude.
1. DO be genuine. False praise is easy to spot, and it undermines your trustworthiness.
 2. DON'T give back-handed compliments, such as "You throw a ball well for a girl."
 3. DO be as specific as possible. Vague: "I like how you redid your living room." Specific: "I like the color choice of your living room walls. It's a perfect accent with the rug and drapes."
 4. DON'T brush off a compliment given to you. It's like returning a gift.
 5. DO smile and say thank-you when you receive a compliment.

Conclusion

- Ted Talk start with man at 5:41-9:40
- Practice gratitude daily with family members or with friends if you are single and not at home.
- Give at least one compliment daily. It can be to a person or it can be asking someone to share your appreciation of something else ("I love how quiet it is in the morning, don't you?"). Think about who you can express gratitude to tomorrow. (calls for reflection on the day)
- To really enter into doing this I would highly encourage you to be born again. Experiencing God's grace at the deepest level of your heart will result in overflowing gratefulness to God.