

## STAY POSITIVE—2 I’M GRATEFUL

*Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. <sup>12</sup> As he was going into a village, ten men who had leprosy met him. They stood at a distance <sup>13</sup> and called out in a loud voice, “Jesus, Master, have pity on us!” <sup>14</sup> When [Jesus] saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed. <sup>15</sup> One of them, when he saw he was healed, came back, praising God in a loud voice. <sup>16</sup> He threw himself at Jesus’ feet and thanked him—and he was a Samaritan. <sup>17</sup> Jesus asked, “Were not all ten cleansed? Where are the other nine? <sup>18</sup> Has no one returned to give praise to God except this foreigner?” Luke 17:11-18*

### THREE STATEMENTS THAT WILL HELP YOU CHOOSE GRATITUDE

1) I KNOW EVERY GOOD THING I HAVE COMES FROM GOD.

*Every good and perfect gift is from above... James 1:17*

2) I WILL NOT LET WHAT I WANT ROB ME OF WHAT I HAVE.

*Better what the eye sees than the roving of the appetite.... Ecclesiastes 6:9*

*...For I have learned to be content whatever the circumstances. <sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do all this through [Christ] who gives me strength. Philippians 4:11-13*

3) I’LL TURN EVERY BLESSING I HAVE INTO PRAISE.

I will praise you as long as I live, and in your name I will lift up my hands.<sup>5</sup> I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. *Psalm 63:4-5*

*Let all that I am praise the LORD; may I never forget the good things he does for me. <sup>3</sup> He forgives all my sins and heals all my diseases. <sup>4</sup> He redeems me from death and crowns me with love and tender mercies. <sup>5</sup> He fills my life with good things.... Psalm 103:2-5 NLT*

### TALK IT OVER

- Make gratitude a daily habit with the I’m Grateful Bible Plan. [go2.lc/grateful](http://go2.lc/grateful)
- Share a job, relationship, or possession you really want. How does your desire affect your view of what you have?
- Write at least two thank-you notes this week: one to God and one to someone who’s blessed you.

