



The Gratitude Process

Read: Luke 17:11-19

In the gospel we hear the story of Jesus miraculously healing the ten lepers. But despite Jesus' graciousness, only one of the ten returns to thank him. The story teaches us that gratitude is more than merely being thankful. Rather, gratitude is a process that requires us to approach God, trust in God and thank God. When this happens, gratitude becomes a daily part of our relationship with God.

The first part of the process is approaching the Lord. The ten lepers approached Jesus and asked him to have mercy on them. Hebrews reminds us that we must "confidently approach the throne of grace to receive mercy and to find grace for timely help" (4:16). God wants to bless us, but we must first approach him with our needs.

The second part of the process is trust. In the story Jesus tells the lepers to show themselves to the priest. "As they were going" the healing took place. They trusted Jesus by obeying him. They acted before their healing occurred. The Bible says, "blessed is the one who trusts in God" (Psalm 84:12). We need to trust that God will answer our prayers.

The third part of the process is gratitude. Although God does not always grant our petitions, we must still remember to be grateful regardless of the outcome. We are supposed to "give thanks in all circumstance" (1 Thessalonians 5:18). Only one of the ten returned to thank Jesus. How often do we ask God for something, receive it, and forget to thank him? It happens to everyone. Gratitude requires us to always be conscientious of God's gifts.

At the end of the gospel Jesus commends that grateful leper for his faith. Exercising gratitude in our daily activities will increase our faith and help us to grow as disciples.