

## Why Gratitude is Good for Your Health

Luke 17:11-19

<sup>11</sup> 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<sup>Ⓜ</sup> 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 he 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?” <sup>19</sup> Then he said to him, “Rise and go; your faith has made you well.”

1. When facing difficulties in life people turn to God.
2. God answers prayers but often in unexpected ways.
3. Most people take their blessings for granted.
4. But genuine gratitude can boost mental and physical health.