

# Gratitude



## Getting Started

What are you grateful for?

About how many times each day  
do you say “thank you” to someone?

Remembering to say “thank you,” even for a very small favor, is important. It can make someone’s day. It can be a step towards fixing a broken relationship. Thinking about what is good in every situation can create a spirit of true gratitude in our hearts. And having a grateful heart can change the way we look at our lives. It can turn a little into enough, a meal into a feast, a stranger into a friend.

## Improving Your Vocabulary

**gratitude (n)** - thankfulness

**make someone's day (v phr)** - to please someone; to do something that makes them happier than anything else that day

**grateful (adj)** - thankful

**dreaded (adj)** - feared by everyone

**disease (n)** - sickness

**pity (n)** - feeling sorry for someone

**examine (v)** - to look at closely

**oppressed (adj)** - hurt; treated badly

**proclaim (v)** - to speak out loudly; to tell everyone

## Reading God's Word

*Jesus was traveling along the border of two different areas, Galilee and Samaria. The people in Galilee were Jews, like Jesus. The people in Samaria were from a different ethnic background. Because of their differences, these two groups of people didn't always get along very well.*

### Luke 17:11-19

**11** As Jesus made his way to Jerusalem, he went along the border between Samaria and Galilee. **12** He was going into a village when he was met by ten men suffering from a dreaded skin disease. They stood at a distance **13** and shouted, "Jesus! Master! Have pity on us!" **14** Jesus saw them and said to them, "Go and let the priests examine you." On the way they were made clean. **15** When one of them saw that he was healed, he came back, praising God in a loud voice. **16** He threw himself to the ground at Jesus' feet and thanked him. The man was a Samaritan. **17** Jesus spoke up, "There were ten who were healed; where are the other nine? **18** Why is this foreigner the only one who came back to give thanks to God?" **19** And Jesus said to him, "Get up and go; your faith has made you well."

### Psalms 34:1-10

**1** I will always thank the Lord; I will never stop praising him. **2** I will praise him for what he has done; may all who are oppressed listen and be glad! **3** Proclaim with me the Lord's greatness; let us praise his name together! **4** I prayed to the Lord, and he answered me; he freed me from all my fears. **5** The oppressed look to him and are glad; they will never be disappointed. **6** The helpless call to him, and he answers; he saves them from all their troubles. **7** His angel guards those who

honor the Lord and rescues them from danger. **8** Find out for yourself how good the Lord is. Happy are those who find safety with him. **9** Honor the Lord, all his people; those who obey him have all they need. **10** Even lions go hungry for lack of food, but those who obey the Lord lack nothing good.

For further study, see Psalm 30 and 1 Thessalonians 5:18.

### Taking a Closer Look

1. What were the men suffering from? (Luke 17:12)

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2. Why did they call out to Jesus? What did they hope he could do? (Luke 17:13)

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3. What was Jesus' answer? If you were one of these men, would this answer give you hope, or not? (Luke 17:14)

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4. What happened on the way to see the priests? (Luke 17:14)

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5. Why did the one man come back? Why do you think the others did not come back? (Luke 17:15-16)

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6. Why was Jesus surprised that a Samaritan had come back to thank him?

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7. What did Jesus say made the man well? (Luke 17:19)

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8. Look at Psalm 34:4. The author writes in the past tense. Do you ever look back at painful times and see things that you can be grateful for?

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9. Psalm 34:9 says, "those who obey him have all they need," but sometimes we don't feel like we have all we need. Why do you think we should be grateful in these situations?

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## Taking Action

1. Say “thank you” to others as often as possible.
2. Think about all the blessings you have to be thankful for today. If you want to, make a list and see how it grows longer over time.
3. Say “thank you” to God for anything that brings you happiness. Just a quick, little prayer.

## Memory Verse: Psalm 34:1

**I will always thank the Lord; I will never stop praising him.**

## Review the Vocabulary

*Fill in the blanks with the correct vocabulary words. Then discuss your answers to the questions with a classmate.*

1. What is something \_\_\_\_\_ by everyone?
2. Who do you feel \_\_\_\_\_ for? (two possible answers)
3. Have you ever \_\_\_\_\_? Has anyone ever \_\_\_\_\_?
4. Who are you most \_\_\_\_\_ for?



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