

Habits of Gratitude That Help Me Heal
May 7, 2023

When I practice giving thanks, the benefits I receive are...

- _____ / _____
- _____
- _____
- _____

Psalm 103:2-5, ESV – Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.

Main Passage: Luke 17:11-19, NLT

Cultivating Habits of Gratitude

1. _____ **who God is**

Luke 17:18, NLT – [Jesus asks,] “Has no one returned to give glory to God except this foreigner?”

Psalm 69:30, ESV – I will praise the name of God with a song; I will magnify him with thanksgiving.

Appreciate means...

2. **Thank God** _____

Acts 16:25, NIV – About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.

Job 35:9-10, ICB – People cry out for help when they are in trouble. They beg for relief from powerful people. But no one asks, “Where is God, my Maker? He gives us songs in the night.”

Psalms 42:8, NIV – By day the Lord directs his love, at night his song is with me— a prayer to the God of my life.”

1 Thessalonians 5:18, NLT – Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

3. Be grateful _____

Habakkuk 3:17-19, NIV – Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.

Proverbs 30:5, GNT – God keeps every promise he makes. He is like a shield for all who seek his protection.

4. Be grateful _____

Psalms 96:2-3, GNT – Sing to the Lord, and praise him! Proclaim every day the good news that he has saved us. Proclaim his glory to the nations, his mighty deeds to all peoples.

Jeremiah 15:16, GNT – You spoke to me, and I listened to every word. I belong to you, Lord God Almighty, and so your words filled my heart with joy and happiness.

What are you grateful for? How can you establish these habits of gratitude that help with healing and receive the benefits of gratitude God has designed and made available to you?