

PRACTICING GRATITUDE

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*Rejoice always,
pray continually,
give thanks in all circumstances;
for this is God's will for you in Christ Jesus.*

1 Thessalonians 5:16-18 (NIV)

Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. ¹² As he was going into a village, ten men who had leprosy met him. They stood at a distance ¹³ and called out in a loud voice, "Jesus, Master, have pity on us!"

¹⁴ When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed.

¹⁵ One of them, when he saw he was healed, came back, praising God in a loud voice. ¹⁶ He threw himself at Jesus' feet and thanked him—and he was a Samaritan.

¹⁷ Jesus asked, "Were not all ten cleansed? Where are the other nine?" ¹⁸ Has no one returned to give praise to God except this foreigner?" ¹⁹ Then he said to him, "Rise and go; your faith has made you well." Luke 17:11-19 (NIV)

Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7 (NIV)

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace... Philippians 4:6-7 (NLT)

My God, my God, why have you forsaken me?

Psalms 22:1 / Mark 15:34 (NIV)

¹⁹ I remember my affliction and my wandering,
the bitterness and the gall.
²⁰ I well remember them,
and my soul is downcast within me.
²¹ Yet this I call to mind
and therefore I have hope:
²² Because of the Lord's great love we are not consumed,
for his compassions never fail.
²³ They are new every morning;
great is your faithfulness.

Lamentations 3:19-23 (NIV)

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

²⁷ Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. ²⁸ This is my blood of the covenant, which is poured out for many for the forgiveness of sins." Matthew 26:26-28 (NIV)

¹ Give thanks to the Lord, for he is good.
His love endures forever.

...
²³ He remembered us in our low estate
His love endures forever.

²⁴ and freed us from our enemies.
His love endures forever.

²⁵ He gives food to every creature.
His love endures forever.

²⁶ Give thanks to the God of heaven.
His love endures forever.

Psalms 136 (NIV)