

THANK YOU!

JESUS AND THE 10 LEPERS

Luke 17:11-19



PRAYER FOR THE WEEK

Thank you, Father, for giving us another day, another chance to become better individuals, another chance to give and experience love.

Thank you for giving us another day, another opportunity to do things right. Keep us close to you and guide us in our thoughts and actions. Amen.

What's on?

Monday 12:40pm
Faith in Action meeting.
Room 26.

Friday we finish for half term.
Have a great holiday!

WORD OF THE WEEK



Luke 17: 11-19

As Jesus made his way to Jerusalem, he went along the border between Samaria and Galilee. He was going into a village when he was met by ten men suffering from a dreaded skin disease. They stood at a distance and shouted, "Jesus! Master! Have pity on us!"

Jesus saw them and said to them, "Go and let the priests examine you."

On the way they were made clean. When one of them saw that he was healed, he came back, praising God in a loud voice. He threw himself to the ground at Jesus' feet and thanked him. The man was a Samaritan. Jesus spoke up, "There were ten who were healed; where are the other nine? Why are you the only one who came back to give thanks to God?" And Jesus said to him, "Get up and go; your faith has made you well."



This week we think about what it really means to say thank you and how important it is. Think for a moment about how it feels when someone thanks you. Think now for a moment when someone doesn't.

We pray this week that we are reminded and encouraged to thank God and others for all the blessings we have in our lives, even if it takes some effort.



How many different languages can you say thank you in? Why not challenge yourself this week to learn to say thank you in as many languages as you can.



This week's Word of the Week tells us of a time when someone made a real effort to thank Jesus; making time to find Jesus and thank him personally.

Is there someone you need to find and seek out and thank for something they have done for you or continue to do?

How could thank them in a personal way, and in a way that shows you truly are grateful?



SOMETHING TO WATCH

Take a look at the video in the staff shared area for this week. Listen carefully and I'm sure it will give you some inspiration and food for thought on our theme for this week.



A TIME FOR SILENCE

Sometimes we can focus on things that go wrong and we often overlook the great multitude of things that are actually going right in our lives.

Gratitude, or thank you meditations help us to remember the small blessings we may take for granted in our day to day lives.

So let's take some time now, in silence, to be grateful.

First sit comfortably and close your eyes.

Take a deep breath through your nose. Fill your lungs entirely with air. Let your breath out through your mouth.

Take a few more deep breaths this way.

Now in your mind repeat the phrase: I am grateful for... adding something different that you are thankful for. If you're having trouble coming up with things, start small, focusing on your immediate environment.

You could be thankful for the sunshine, or the rain. Or thankful for your family, or pets, or the person sat next to you. Take your time and repeat I am grateful ten times in your head.

