



Gratitude's Origin Story



Gratitude can't happen
for what we don't notice



What if grace frequently arrives
disguised as an ordinary day?



What happens when we train
ourselves to become people
who look for gifts?

Luke 17:11–19

Ten Healed of Leprosy

As Jesus continued on toward Jerusalem, he reached the border between Galilee and Samaria. As he entered a village there, ten men with leprosy stood at a distance, crying out, “Jesus, Master, have mercy on us!”

He looked at them and said, “Go show yourselves to the priests.” And as they went, they were cleansed of their leprosy.

Luke 17:11–19

One of them, when he saw that he was healed, came back to Jesus, shouting, “Praise God!” He fell to the ground at Jesus’ feet, thanking him for what he had done. This man was a Samaritan.

Jesus asked, “Didn’t I heal ten men? Where are the other nine? Has no one returned to give glory to God except this foreigner?” And Jesus said to the man, “Stand up and go. Your faith has healed you.”

Bonus Gifts

- ▶ The healing itself isn't dependent upon the man's gratitude—all ten are healed. But something happens in the one who turns around.
- ▶ **How many gifts pass through our lives without ever being noticed?**
- ▶ He experiences the gift **and recognizes the giver.**
- ▶ He gets a second and third gift!



The second gift is gratitude shared with someone else – which also has a - third gift.

When sharing with someone else you get to sit in the positive emotions longer.

Mary Oliver's Poem – “Sometimes”

Instructions for living a life:

*Pay attention.
Be astonished.
Tell about it.*

Stories

- ▶ People who have been really ill sometimes talk about this new appreciation for the little things.
- ▶ A client of mine nearly died last year. He said he now notices a much higher frequency of “micro gratitude moments”.
- ▶ When I was sick in August I found the same thing.



Yes ... and ...

The difficult thing remains difficult.

But it is no longer the only thing
that is true.

Wendell Berry – “The Peace of Wild Things”

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's
lives may be, I go and lie down where
the wood drake rests in his beauty on the
water, and the great heron feeds.

Wendell Berry – “The Peace of Wild Things”

I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

NOTICE → PAUSE → APPRECIATE

Notice:

Something catches your attention—a kindness, beauty, coincidence, moment of connection, something your body can do, an unexpected delight.

Pause:

Instead of immediately moving on, stop.

Appreciate:

Oh. That's good.

I'm glad that happened.

That matters.



→ **RECEIVE** → **SHARE**

Receive:

Allow it to affect you. Let yourself experience the pleasure, comfort, wonder, relief, or connection.

Share:

Tell someone. Give thanks. Name the goodness.

Nerdy Moment

Gratitude may help the body shift out of a constant state of threat and toward a state in which connection, restoration and well-being are more possible.

Rhythm of Attention

What did I notice today?

Where did I see love?

Where did I experience kindness?