

"Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving him thanks." Luke 17:15-16

Introduction: How healthy are you?

I. Five Reasons "Saying Thank You" Makes You Healthier

- A. *More than an _____*
- B. *More than making the other _____ feel better*
- C. *We are _____ when we "Say Thank You"*

II. Makes You Stop

- A. *We _____ so much*
- B. *The _____ received so much*
- C. *We want to _____ on "playing with our stuff"*
- D. *Constantly, running, doing, and consuming is not healthy... we will _____ out... Stop*

III. Makes You Turn

- A. *We turn to the one who is the _____*
- B. *We realize that what we have comes from others.... Especially from _____*
- C. *We know that we _____ on God*
- D. *Without God we are _____*
- E. *This is a truthful and healthy _____*

IV. Is Humbling

- A. *We can be very _____ of ourselves*
- B. *What did the nine say... Did they take _____ for their healing?*
- C. *The one leper _____ on his face at Jesus' feet*
- D. *When we are humbled before God we have the power and _____ of God*
- E. *Humility does not make us _____ it makes us stronger*

V. We Focus On God

- A. *All that He _____*
- B. *All that He _____*
- C. *The salvation that is His _____ gift*
- D. *The food, the family, the country, the world, the blessing upon _____ that is ours*
- E. *And it all comes from God as a free _____*

VI. May God bless all of our _____ thank you's to each other and to Him!