# GRACEPOINT CHURCH

# Weekly Devotional

**The 30-day Shift:**
**The Transforming Power of Gratitude**

**Why don't Smart Watches track Gratitude? – Ian France – 1.11.2026**

**Scripture**
Luke 17:11-19; 1 Thessalonians 5:18
Open your mind and heart as you read the passage of Scripture aloud and then again quietly to yourself. Listen for God's word to you.

Spend some time in worship.

**Observation**
*Luke 17:11-19*
Jesus was travelling along the border of Samaria and Galilee when He met the group of lepers who called to Him from a distance. People who were classed as lepers often congregated and lived together outside villages away from others who could be infected with this dreaded disease. This mixed group of Jews and Samaritans were all lepers, united by the illness that had struck them. They kept their distance when they saw Jesus and His disciples approaching, for they were forbidden both by law and tradition to go near people (Leviticus 13:43-45). They knew about Jesus and called to Him to have mercy on them. Jesus instructed them to take a step of faith and go to the priests (while they were still lepers) to have their health confirmed. They had to take this step of obedience to demonstrate their faith. As they followed His instructions, they were healed.

It is thought-provoking to learn that out of the ten whom Jesus healed that day, whose lives were restored, whose families would be reunited, whose livings could be earned, only one returned praising and glorifying God with a loud voice. Ten had obeyed the external ritual, but only one had a heart full of praise and love for God. Jesus noticed and was amazed that the other nine had gone on their way without showing any gratitude. Perhaps even more astounding for those who witnessed this miracle was the fact that the one who returned and gave thanks was a Samaritan.

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Jesus told him that his faith had made him well. This was an extra blessing for the grateful man as God warmed his heart with love which caused him to return and show his gratitude.

*1 Thessalonians 18*
Paul picked this up in his first letter to the Thessalonians. They were to always be grateful. As a result of their rejoicing in all circumstances, and their praying, whatever was happening to them, they would be able to be grateful for everything, for this was God's will for them.

*Icebreaker*:
If someone gives you an unexpected, generous gift, is it a challenge for you to contact them and say thank you?
How promptly do you do this?
How often do you thank God for the blessings He gives you?
Are you at peace about this?

**Application**

- How often during the day do you check your watch or your phone to measure your well-being? Have you ever realised that it may tell you how far you have walked or what your blood pressure is, but it cannot gauge the emotional or spiritual benefits of your mind and spirit? When did you last go for a walk and consciously drink in the beauty of your surroundings? What did that experience do for your state of mind?
- How do you feel about keeping a gratitude journal for this month? How are you doing so far?
- Gratitude has a positive impact on various aspects of our lives. How have you noticed that gratitude positively affects:
    - *Your physical health*? How does gratitude affect your health? Do you ever find yourself celebrating the joy of being healthy? Why/why not?
    - *Your emotional health*? How does your emotional health benefit from you being grateful to God and to those around you?
    - *Your relationships*? Do you take those closest to you for granted or do you tell them you are grateful to have them in your life? Why/why not?

  - *Your children*? If you have children or young people in your life, how do you show them you are grateful for them? What do they mean to you? How do you feel about expressing your gratitude for them in a way that blesses them?
  - *In the workplace*? Have you ever expressed your gratitude to your colleagues or your boss for the work you do daily? Do you feel grateful for it? Does it give you a sense of satisfaction and joy, or does it pull you down? How would you describe it?
- How do you express your gratitude to God? How important is it for you to attend every part of a worship service, from the welcome to the final blessing? What does it mean to you to do this? What do you think it means to God?
- How do you feel about keeping your gratitude journal now? Many people say they can't express their emotions in words; how about doing a small, rough sketch as an option? No one needs to see how you express your gratitude – it is between you and God.
- How can the group help you with the struggles you have mentioned during this session?

**Prayer**

Pray for one another regarding the issues raised during your discussion time and any other needs of the group.

**Service**

Keep your gratitude journal. Take note of how you feel at the end of the week. What does it mean to you to be grateful?

**Bibliography**

https://enduringword.com/bible-commentary/luke-17/
https://enduringword.com/bible-commentary/1-thessalonians-5/