

Healthy Habits

CHURCH

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STORY
LUKE 15:11-13
"And when one of those men
reclined at the table with him, he
said to him, 'Blessed is anyone who
eats bread in the kingdom of God!'
PARABLE OF THE DINNER
"He said to him, 'A man invited a
number of men to dinner, and con-
sidered them all ready to come.
"But when the dinner hour came,
he sent his slave to say to them,
'Come, for the dinner is ready.'
"And they all said to him, 'We
cannot come because we have
things to do.'
"The first one said to him, 'I
have a horse to exchange for
another one, and I need to go.
'And another said, 'I have five
yoke of oxen, and I am going to
plow them.'
"Another said, 'I have a wife
and for that reason I cannot
come.'
"And the slave came back and
reported to his master. Then the
master became angry and said to
his slave, 'Go out into the streets
and lanes of the city and bring in
all the poor, the blind, the lame,
the deaf, and those who are
without a wedding garment.'
"And he went out and bought
what he needed, and the wedding
guests came. But when the door
was shut, some of the men
outside began to knock and
said, 'Lord, open the door for
us, for we have come to you
from far.'
"But he answered and said,
'I do not know you.'
"Then he will weep and gnash
his teeth.
"So will it be for everyone
who is without a wedding
garment."
THE LOST SHEEP
15 Now all the tax col-
lectors were coming near
him, and both the Pharisees
and the scribes were mur-
muring against him, saying,
"He receives sinners and
eats and drinks with them."
"And he said to them,
"The Son of Man has come
to seek and to save that
which is lost."
"And he said to them,
"Whoever loses one of these
little ones, it will be better
for him that he should
lose it than that he should
lose the whole world and
hisself."
"And he said to them,
"Whoever receives one of
these little ones in my
name, he will receive me
and my Father who is in
heaven."
"And he said to them,
"Whoever gives a cup of
cold water to drink to one
of these little ones who
is thirsty, he will receive
his reward."
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Leader Conversation Guide – Healthy Habits: Gratitude

Main Idea

A healthy heart is a grateful heart. Gratitude is more than simply feeling thankful—it is expressing thanks for what God has done. Our hearts naturally gravitate toward recognition and gratitude, but unexpressed gratitude can easily be experienced as ingratitude. In Luke 17, ten men were healed, but only one returned to thank Jesus. This reminds us that gratitude should move beyond an emotion and become an expression.

The habits we develop shape the condition of our hearts. As we trust God's Word, stop focusing only on what is wrong, and intentionally remember the gifts of God, gratitude begins to change how we see our lives. This week, let's consider what God has already done and ask ourselves: Are we simply feeling thankful, or are we taking time to express our gratitude to God and others?

Always be joyful. Pray continually, and give thanks whatever happens. That is what God wants for you in Christ Jesus.

1 THESSALONIANS 5:16-18

Make it Practical:

1. Let obedience lead before understanding

- The ten men trusted Jesus' word and went before they were healed.
- Faith often requires us to move forward based on what God has said.
- Luke 17:14

2. Change what you are looking for

- If we constantly search for what is wrong, we will always find something.
- Gratitude helps us recognize opportunities, blessings, and God's goodness.
- Philippians 4:8

3. Turn gratitude into worship

- Remembering what God has done should lead us to praise and thanksgiving.
- What we have in Christ is greater than anything we do not have.
- 1 Thessalonians 5:16–18

Talk About It

Which is more natural for you: noticing what is wrong or noticing what is good? Why?

How have you seen trust and obedience work together in your own relationship with God?

Who is someone you may need to intentionally thank this week, and why is expressing gratitude important?

Gratitude to God is worship.

Prayer

Heavenly Father, thank You for every good gift You have given us. Help us not to take Your blessings for granted or become so focused on our circumstances that we forget Your faithfulness. Teach us to trust You, see Your goodness, and express our gratitude freely. May our lives become an act of worship as we give You thanks. In Jesus' name, amen.

Next Steps

Take time each day this week to write down three things you are thankful for.

Express gratitude to someone who has made a difference in your life instead of only thinking it.

When you face something frustrating or difficult, pause and ask God to help you see His goodness in the middle of it.