

***“Take A Moment for Gratitude.”***

Isn't it lovely when religions and teachings and sciences overlap?

Scripture tells us to turn towards God, worship God, praise God, and give thanks to God. It is a core part of being Jewish or Christian or Muslim - a core value - living in thankfulness and gratitude. Out of gratitude, we share. Out of thankfulness, we love. Because God first so loved us, because God gives us all life, all creation, all goodness - we live in gratitude for every moment. We extend that graciousness to all people. In our scripture today, Jesus proclaims to the one who returned that "your faith has made you well." That faith made of gratitude did not just make the Samaritan's health well - but his soul well. Whenever Luke says someone is going to get up and go - it usually means that person gets up and goes on in a blessed way of worship and praise and wonder.

The teaching of humbleness from the wolf is to bow our heads before Creator and to be thankful. This is a core part of following the Seven Sacred Teachings. The Thanksgiving Address, the Words Before All Words, is a litany of gratitude that we say before any other words are shared or business conducted. Many say this prayer every morning with sunrise - before the work of the day. To walk the Good Path is to set out with gratitude.

And researchers at UC Davis, the University of Miami, and the University of Pennsylvania have found over and over again that gratitude is essential to resilience, mental health, and community. "In one study, they asked all participants to write a few sentences each week, focusing on particular topics.

One group wrote about things they were grateful for that had occurred during the week. A second group wrote about daily irritations or things that had displeased them, and the third wrote about events that had affected them (with no emphasis on them being positive or negative). After 10 weeks, those who wrote about gratitude were more optimistic and felt better about their lives. Surprisingly, they also exercised more and had fewer visits to physicians than those who focused on sources of aggravation.

Another leading researcher in this field, Dr. Martin E.P. Seligman, a psychologist at the University of Pennsylvania, tested the impact of various positive psychology interventions on 411 people, each compared with a control assignment of writing about early memories. When their week's assignment was to write and personally deliver a letter of gratitude to someone who had never been properly thanked for his or her kindness, participants immediately exhibited a huge increase in happiness scores. This impact was greater than that from any other intervention, with benefits lasting for a month." (Harvard University, Health Beat, Aug 14, 2021)

Thankfulness isn't just now focused. It is how we think about the past - and recalling positive memories, being thankful for what was, and recalling the people who helped us make it to today.

It is also the present - not taking good fortune for granted, being thankful for what is present now. This is the prayers we tend to say thanking God for the meal we're about to eat.

And gratitude is how we think about the future - being optimistic, and hopeful. Grateful that tomorrow is another chance; and that with God, we can keep doing better; and that as surely as God was with us in the past, and now, God will be with us in the future.

"Count your blessings and give thanks" seems so cliché - but a prayer of gratitude, a letter of thanks, a reflection over your morning tea really does make a difference in our lives.

So this weekend, we as a country live into gratitude for the harvest, for family and friends, for life and goodness, for love. And today we come to the Great Thanksgiving, the Eucharist, where we come at Jesus' behest to God's table and as one, we give thanks.

Let us now give thanks!        Amen.

## **Scripture Readings – October 12, 2025 – Thanksgiving Sunday for LCUCPC**

### **Psalm 111    VU 833-834**

***Refrain: Hallelujah. Hallelujah. Hallelujah.***

I will thank you, God, with my whole heart,  
in the company of the upright, in their assembly.

**Great are your works, O God, studied by all who delight in them.**

Honour and majesty are your work; your righteousness endures forever.

**You have won renown for your wonders;**

**you are gracious and full of compassion.    R.**

You give food to those who fear you; you keep your covenant always in mind.

**You have shown your power in action,**

**giving your people the heritage of nations.**

The works of your hands are faithful and just; all your precepts trustworthy.

**They stand fast forever and ever; grounded in justice and truth.**

You sent redemption to your people;

**you decreed your covenant forever. Holy and awesome is your name.    R**

The fear of God is the beginning of wisdom;

**those who practise it have good understanding.**

**May your praise endure forever.    R.**

### **Luke 17:11-19 - NRSV Ue.**

#### **Jesus Cleanses Ten Men with a Skin Disease**

<sup>11</sup>On the way to Jerusalem Jesus was going through the region between Samaria and Galilee. <sup>12</sup>As he entered a village, ten men with a skin disease approached him. Keeping their distance, <sup>13</sup>they called out, saying, "Jesus, Master, have mercy on us!" <sup>14</sup>When he saw them, he said to them, "Go and show yourselves to the priests." And as they went, they were made clean. <sup>15</sup>Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. <sup>16</sup>He prostrated himself at Jesus's feet and thanked him. And he was a Samaritan. <sup>17</sup>Then Jesus asked, "Were not ten made clean? So where are the other nine? <sup>18</sup>Did none of them return to give glory to God except this foreigner?" <sup>19</sup>Then he said to him, "Get up and go on your way; your faith has made you well."

May God's spirit shape our understanding of these words.

**And may they awaken in our hearts.**

