

Thanksgiving Expressed

Luke 17:11-19, *“And it came to pass, as He [Jesus] went to Jerusalem, that He passed through the midst of Samaria and Galilee. And as He entered into a certain village, there met Him ten men that were lepers, which stood afar off: And they lifted up their voices, and said, Jesus, Master, have mercy on us. And when He saw them, He said unto them, ‘Go shew yourselves unto the priests.’ And it came to pass, that, as they went, they were cleansed. And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, And fell down on his face at His feet, giving Him thanks: and he was a Samaritan. And Jesus answering said, ‘Were there not ten cleansed? but where are the nine?’ There are not found that returned to give glory to God, save this stranger. And He said unto him, ‘Arise, go thy way: thy faith hath made thee whole.”*

Proverbs 6:2, *“Thou art snared with the words of thy mouth, thou art taken with the words of thy mouth.”*

Proverbs 12:13, *“The wicked is snared by the transgression of his lips: but the just shall come out of trouble.”*

Proverbs 18:4, *“The words of a man's mouth are as deep waters, and the wellspring of wisdom as a flowing brook.”*

Proverbs 18:21, *“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.”*

Matthew 12:37, *“For by thy words thou shalt be justified, and by thy words thou shalt be condemned.”*

Why is it that some people can't seem to cope with their problems? Could it be perhaps because they are not grateful enough?

There is a “Law of Living” that goes like this: *“If you focus on adversities, you will attract adversities, however, if you are grateful for life, your life will grow increasingly brighter – if you affirm goodness, goodness will be there – if you affirm love, you will find love – and – if you affirm thanksgiving, blessings will flow!”*

Half a century of observing people have convinced me that this “Law of Living” is true. The acknowledgement of past blessings is the activator of more blessings!

William Stidger, suffered a shattering emotional breakdown. For months he was profoundly depressed and unable to work. Doctors were unable to help him.

Then, one day, a friend challenged him by saying, *“Pick those who have helped you in your life and simply thank them. I dare you to do it!”*

William Stidger recalled a schoolteacher who, years before had awakened an appreciation of poetry in him. So he wrote her a short note telling her what it meant to him. Soon a reply came back, *“When I read your letter my eyes were blinded with tears. Yours is the first letter of thanks I ever received from one of my students. I shall cherish it always.”*

Mr. Stidger wrote another note of appreciation to another person – and then another and another – until he had written over five hundred letters of thanks. By that time he had fully recovered and was back at work.

He kept copies of those letters, and the replies to them. He said, “*Whenever depression threatens, I reread some of those letters and let the ‘**therapy of thanksgiving**’ do its work in me. It works every time!*”

Gratitude strengthens and recharges the soul! When we focus on that that is good, we align with a powerful force that begins to flow within us and we draw strength from thanksgiving! But it must be expressed!

There were ten lepers, who came to Jesus to be healed, and He sent them to present themselves to the priests and, as they went, they were cleansed. However, only one came back to express thanks to Jesus.

Thanksgiving must be expressed! Do you ever feel the blast of appreciation, the sudden surge of gratitude? Translate it into action – write a note of thanks – make a phone call – send a small gift of appreciation. That impulse is a divine command.

One way to heighten the sense of appreciation is to say to your self, “What if this were the last time I would see the sunset, hear the music, smell the flowers, or touch my loved one’s hand.” The seriousness of that thought should certainly promote the expression of thanksgiving.

The Law of Living is:

- Affirm goodness and goodness will be there.
- Affirm love and you will have love
- Affirm thanksgiving and blessings will flow