

# Episode 61

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*“One of them, when he realized that he was healed, turned around and came back, shouting his gratitude, glorifying God. He kneeled at Jesus’ feet, so grateful. He couldn’t thank him enough—and he was a Samaritan.”*  
- Luke 17:14-16

Many years ago, I read this account of the nine lepers who had their lives radically changed without even the smallest ‘thank you’ and was challenged by how many times I miss the opportunity to show my gratitude for what God has done in my life. So what I decided to do on my drive home from work, was to go through my day and thank God for each time I saw his fingerprints on a situation or circumstance.

At first, I was barely out of the office parking when I was done, racking my brain for moments I could be grateful for. However, after a few weeks, I noticed that I would often drive all the way home and still not be done mentioning moments I was thankful for. It almost seemed like the more I said thank you, the more I would notice God’s fingerprints on my day. Or was it that the more I said thank you, the more God would move on my behalf so that I could see his fingerprints? To be honest, it felt like the latter. It was as if God was saying, “You think that’s amazing? How about this? And this? And this?” Isn’t that how I respond to my own children’s appreciation?

From being deeply grateful for the fact that the coffee I spilled didn’t reach the pages in my file, to my boss’ good mood, to closing a deal, to reaching the Gautrain as the train arrived, to remembering to take my card out of the ATM, X-rays confirming the bone wasn’t broken, a covid test coming back negative, friends miraculously healed, Italy beating England - somehow the simplicity of a single ‘Thank You’ seems to do more for me than it does for God.

If studies can find that the mere act of smiling lifts your mood, lowers stress, boosts your immune system, and possibly even prolongs your life, how much more the ongoing entering of God’s presence with thanksgiving in our hearts.

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