



**GRATITUDE:** Standing Out in a Crowd  
 A Real Character – Part 13  
 1 Thess. 5:18 (p. 1841) Luke 17:11-19 (p. 1627)  
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## HOW WE SHOULD BE THANKFUL

**#1 BE H\_\_\_\_\_ THANKFUL**

1 Thessalonians 5:18

**#2 BE H\_\_\_\_\_ THANKFUL**

### Benefits of Gratitude

#### Physical

- Stronger Immune Systems
- Less bothered by aches and pains
- Lower blood pressure
- Exercise more and take better care of health
- Sleep longer and feel more refreshed upon waking

#### Psychological

- Higher levels of positive emotions
- More alert, alive, and awake
- More joy and pleasure
- More optimism and happiness

#### Social

- More helpful, generous, and compassionate
- More forgiving
- More outgoing
- Feel less lonely and isolated



## HOW WE SHOULD BE THANKFUL

**#3 BE H\_\_\_\_\_ THANKFUL**

1 Corinthians 5:18

## HOW TO STAND OUT IN THE CROWD

### THE LEPERS' SIMILARITIES

They all had the same d\_\_\_\_\_

They all wanted h\_\_\_\_\_

They all were o\_\_\_\_\_

They all were h\_\_\_\_\_

### THE THANKFUL LEPER'S DIFFERENCES

He was grateful p\_\_\_\_\_

He was grateful i\_\_\_\_\_ & l\_\_\_\_\_

He was grateful p\_\_\_\_\_