



ordinary
time



lectionary
reading

Cycle C

Twenty-Eighth Sunday in Ordinary Time

Lectionary #144

Reading I: 2 Kings 5: 14-17

Today's first reading provides the reader with the account of the healing of a leper by the name of Naaman. Naaman is a powerful leader of a nation outside of Israel but encounters the God of Israel through the prophet Elisha. Following the directives of Elisha, Naaman plunges himself in the Jordan River seven times as prescribed and becomes cleansed of his leprosy. Naaman wishes to offer a gift in **gratitude** to Elisha, but Elisha refuses it because the honor for the cleansing is the Lord's. Naaman then proclaims that he wishes to take some earth from the holy ground of Israel so that he may take it back to his homeland and worship on it in **gratitude** for what happened to him in the land of Israel, God's holy nation.

Reading 2: 2 Timothy 2: 8-13

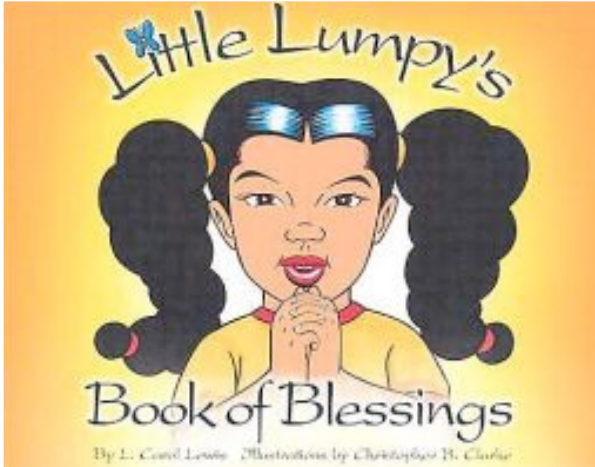
While chained in prison, Saint Paul wrote to Timothy saying that although he is in chains, the word of God cannot be chained. When there is something wonderful, especially good news, it cannot be held back. When something good and honorable happens to us, the same thing is true, we cannot but shout out thank you in **gratitude**.

Gospel: Luke 17: 11-19

This gospel about the cleansing of the 10 lepers will also be heard on Thanksgiving Day in the United States. Here we have the story of the miraculous healing of ten lepers. They cry out to Jesus, "Jesus, Master! Have pity on us!" And indeed, Jesus does have pity on them and sends them away cleansed. There is only one, a Samaritan, of the ten that recognizes that he is healed and that it was by the word of Jesus that it occurred. He returns in **gratitude** for what has happened to him. At the conclusion we hear Jesus respond to the fact that only one of the ten returned to give thanks. Jesus asks the question, "Where are the other nine?"



children's
story



Little Lumpy's Book of Blessings

Written by L. Carol Lewis

Illustrated by Christopher Clarke

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character
education
activity

Little Lumpy's Book of Blessings

Little Lumpy is thankful for everything, and most importantly, for all the beautiful things in life that are available to everyone. *Little Lumpy's Book of Blessings* is a spiritual and multicultural adventure celebrating the simple things in life. Little Lumpy's world is full and rich because she approaches everything with an attitude of **gratitude**. For Lumpy, the love of parents, grandparents, a kind baby sitter, and romping with a jolly band of playmates known as the "Little Lovelies" fill Lumpy's days with magic and delight.

Think of all the many things and people you are grateful for in your life. The air we breathe, the water we drink, the family and friends that we have...all of these things and people come from God. Often we can become so accustomed to having these things that we might possibly take them for granted.

Living with an attitude of **gratitude** will help us be more attentive to those things and people we are thankful for. However, we need to go a step further by thanking God for those things daily, and by expressing our **gratitude** to others who contribute so much to our lives.

Showing Gratitude

Step One: Have the students think of:

1. Things that they wish to thank God for
2. People they wish to thank.

Step Two: Have the students make thank you cards for God and for the people they wish to thank and have them be sure to deliver the cards to those people who are deserving of **gratitude**.

Gratitude is realizing the gifts around us, being thankful for them in our hearts, and then expressing that thanks to God and others for enriching our lives.

**I will make a
commitment to myself
and to God to be a
person of gratitude!**



case study

**Look.
Feel.
Know.
Act.**

What could you do today?

An adult has just corrected you for something. It could be a parent, a teacher or coach. At first you are annoyed at being corrected but instead of getting upset you seek to understand the reason for the correction. Once you know the reason, you are challenged to express **gratitude** and thanks for being corrected in order to improve your performance or behavior. It is true that often times the loving correction that comes our way is not recognized for what it is and as such it is not thanked.

Look Feel Know Act

Being a person of **gratitude** makes for a really healthy and happy way of living. Psychological studies have shown that the more thankful a person is, the more positive, happy, and healthy they tend to be. This is not new information for anyone who has seriously studied and learned the Judeo-Christian Tradition. Throughout the Old Testament and New Testament, we see this time and again, even when people were not having the best time of it they found something to be thankful for.

To be persons of **gratitude** it is important to make a list, an inventory, of the things and people we are grateful for and then to express that **gratitude**. Expressing **gratitude** to God can take the form of a prayer of thanksgiving or by expressing thanks by doing a good deed for someone. Likewise, we can express our **gratitude** to people by writing a thank you note and also by performing a good deed to thank the person for their kindness. It has long been a tradition in Christianity to make a list, either mentally or in written form, of the things and people we are grateful for. This evening you may wish to do just that, before going to sleep and make a habit of it.



closing tool

In *Little Lumpy's Book of Blessings*, Lumpy shows us a way to be grateful for all that surrounds us. The bible selections also indicate that to be healthy we must learn each and every day to be more and more grateful for the things we have and the people who love us. Learning to be people with an attitude of **gratitude** takes practice, and so if we commit ourselves to this we have to remember to practice saying thank you, to God and to others, day in and day out.

Pray that your prayers of thanksgiving and praise to God will eventually outnumber the prayers where you are asking God for something, for it is true that God already knows what we NEED. Amen.



**Santa Clara
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