**The Collect and Gospel Reading appointed for the 17th Sunday after Trinity**

God of constant mercy,
who sent your Son to save us:
remind us of your goodness,
increase your grace within us,
that our thankfulness may grow,
through Jesus Christ our Lord. Amen.

**A Reading from St Luke’s Gospel, chapter 17, verses 11-19**

On his way to Jerusalem,

Jesus travelled along the border between Samaria and Galilee.

As he was going into a village, ten men who had leprosy met him.

They stood at a distance and called out in a loud voice,

“Jesus, Master, have pity on us!”

When he saw them, he said,

“Go, show yourselves to the priests.”

And as they went, they were cleansed.

One of them, when he saw he was healed, came back,

praising God in a loud voice.

He threw himself at Jesus’ feet and thanked him –

and he was a Samaritan.

Jesus asked,

“Were not all ten cleansed? Where are the other nine?

Was no-one found to return and give praise to God except this foreigner?”

Then he said to him,

“Rise and go; your faith has made you well.”

***Pause for Thought…***

Our Gospel Reading for this Sunday is a salutary lesson about **gratitude.**

It recounts the story of Jesus’ miraculous healing of **ten** lepers,

but reports that sadly - *disgracefully really* –

only **one** of them bothered to thank him for their restoration to health…

We know, if we have any Christian faith at all,

that our God is the giver of every good thing –

every mouthful of food we take,

every breath of air we inhale,

every note of music we hear,

every beautiful sight in Creation,

every smile on the face of a child, a friend, a loved one –

all these *and a million more joys* are precious, gracious gifts of God’s generosity.

***But how often we fail to thank him for them.***

***How often we take God and his gifts to us for granted.***

***How often we forget to praise him for his outrageous generosity.***

There’s an old spiritual discipline that we would do well to adopt anew in our daily lives

as Christians in today’s world. ***– counting our blessings…***

Counting our blessings…

listing them…

naming them before God…

and then

giving him thanks and praise for each and every one.

And not only is this a right and proper thing to do,

*it’s also very good for us.*

Ask any psychologist and they will tell you that such a spirit of gratitude

for all the good things we enjoy, all the blessings of life, all the kindnesses we have received,

is hugely beneficial for our emotional and mental wellbeing.

In the happiness stakes, there’s not much that contributes more than being thankful

for all that is good and positive and beautiful and joyous in our lives.

**Christians know where all that comes from.**

We **know** the source ***of every good and perfect gift***.

So why not take a leaf out of the book of that Samaritan Leper?

and regularly seek out our Lord,

recounting all that he has done for us,

praising him for his goodness

and falling at his feet in gratitude and adoration.