



Gratitude and Healing: Learning from the Thankful Leper



Explore the story of the leper who returned to thank Jesus, discovering lessons on gratitude, faith, and God's transformative healing.

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Introduction

The Bible provides profound insights into human nature and the heart of God. One of the most touching narratives of gratitude and faith is the story of the cleansing of ten lepers, where only one returned to give thanks. This account challenges us to reflect on how we respond to God's blessings and healing in our lives.

Leprosy was a devastating disease, not only in its physical effects but also because it socially isolated sufferers. When Jesus healed the ten lepers, He not only restored their health but also their place in the community. Yet, only one came back to acknowledge the miracle and thank Him.

This Bible study plan invites you to dive deeply into this story and its surrounding teachings. Through scripture, reflection, and prayer, you'll uncover the power of gratitude, the importance of faith, and the transformative healing that comes through Jesus Christ. Embrace this journey with an open heart, and allow your faith to be renewed as you learn from the thankful leper who returned to say thanks.





Day 1: 🙏 The Cleansing of the Ten Lepers



Day 1: 🙏 The Cleansing of the Ten Lepers

Your Verse

Luke 17:11-19 NIV – When Jesus healed ten lepers, only one returned to thank Him.

Supporting Scriptures

- *Psalm 107:1 – "Give thanks to the Lord, for he is good; his love endures forever."*
- *Philippians 4:6 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*



Day 1: 🙏 The Cleansing of the Ten Lepers

Devotional: Recognizing and Returning with Gratitude

The story in Luke 17:11-19 offers a vivid depiction of both physical healing and the deeper spiritual response of gratitude. Ten men suffering from leprosy called out to Jesus for mercy. Jesus instructed them to show themselves to the priests, a step that demonstrated their faith even before the visible miracle.

As they went, they were cleansed, yet only one returned to Jesus to thank Him. This teaches a powerful lesson about recognizing the source of our blessings and not taking God's gifts for granted. **Gratitude is not merely a polite response but a vital expression of faith.**

How often do we receive blessings and move on without pause? This passage challenges us to cultivate a spirit of thankfulness, acknowledging God's goodness in every part of our lives.



Day 1: 🙏 The Cleansing of the Ten Lepers

Reflect and Apply

1. Why do you think only one leper returned to thank Jesus?

2. How can you cultivate a deeper attitude of gratitude in your daily life?

3. What blessings might you be overlooking that deserve your heartfelt thanks?



Day 1: 🙏 The Cleansing of the Ten Lepers

Journaling Prompts

1. Write about a time you received unexpected help or blessing.

2. List three things you are grateful for today and why.

3. Reflect on how gratitude affects your relationship with God.



Day 1: 🙏 The Cleansing of the Ten Lepers

Prayer for Today

Lord, thank You for Your healing power and unending love. Help me to be like the one leper who returned to give thanks, always recognizing Your hand in my life. Teach me to live with a grateful heart every day, acknowledging Your blessings and praising Your name in every circumstance. May my faith grow deeper as I lean on You, and may my life reflect thankfulness in actions and words. *In Jesus' name, Amen.* 🙏❤️✨





Day 2: 💡 Faith in Action: Believing Before Seeing



Day 2: 💡 Faith in Action: Believing Before Seeing

Your Verse

Luke 17:14 NIV – The lepers had to go show themselves to the priests to be declared clean.

Supporting Scriptures

- *2 Corinthians 5:7 – "For we live by faith, not by sight."*
- *Hebrews 11:1 – "Now faith is confidence in what we hope for and assurance about what we do not see."*



Day 2: 💡 Faith in Action: Believing Before Seeing

Devotional: Trusting God Without Visible Proof

Before the lepers saw the evidence of their healing, Jesus told them to “go, show yourselves to the priests.” This step required obedience and faith — they had to trust Jesus’ word despite the lack of physical proof at that moment.

Faith often requires us to act in trust before we experience the full blessing or answer. Like the lepers, we may be called to take steps toward God’s promises even when we cannot yet see the outcome.

Walking by faith moves us beyond mere hope to active trust, relying on God’s character and promises. Reflect today on the areas of your life where God is asking you to trust and obey, even when you cannot yet see the full picture.



Day 2: 💡 Faith in Action: Believing Before Seeing

Reflect and Apply

1. Are there areas in your life where you need to trust God without seeing immediate results?

2. How can obedience be an expression of faith even when outcomes are uncertain?

3. What lessons do you learn from the lepers' immediate compliance with Jesus' instructions?



Day 2: 💡 Faith in Action: Believing Before Seeing

Journaling Prompts

1. Describe a situation where acting in faith led to a positive outcome.

2. Write about how faith influences your daily decisions.

3. List ways you can obey God's word in challenges you face now.



Day 2: 💡 Faith in Action: Believing Before Seeing

Prayer for Today

Heavenly Father, help me to walk by faith and not by sight. Give me courage to obey and trust when I don't see the full picture. Strengthen my confidence in Your promises and lead me step by step as I follow You. May my actions reflect my faith and bring glory to Your name. *In Jesus' name, Amen.* 🙌 ✨





Day 3: ❤️ The Power of Gratitude



Day 3: ❤️ The Power of Gratitude

Your Verse

Luke 17:15 NIV – The one leper returned, praising God in a loud voice.

Supporting Scriptures

- *1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*
- *Colossians 3:17 – "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."*



Day 3: ❤️ The Power of Gratitude

Devotional: Praise That Draws Us Closer to God

Gratitude is a powerful expression of the heart that acknowledges God's goodness and sovereignty. The one leper who returned to Jesus did so with a loud voice of praise, embodying genuine thankfulness.

Gratitude draws us closer to God and transforms our perspective. When we cultivate a habit of thanking God regularly, even in small things, it changes how we view difficulties and blessings alike.

Jesus notices and values a grateful heart. Take time today to consider how praising God can renew your spirit and deepen your connection with Him.



Day 3: ❤️ The Power of Gratitude

Reflect and Apply

1. What role has gratitude played in your relationship with God?

2. How does expressing thanks impact your emotional and spiritual well-being?

3. In what ways can you make gratitude a regular part of your worship?



Day 3: ❤️ The Power of Gratitude

Journaling Prompts

1. Recall a moment when thanking God changed your outlook.

2. Write a thanksgiving prayer listing specific blessings.

3. Journal about obstacles to gratitude and ways to overcome them.



Day 3: ❤️ The Power of Gratitude

Prayer for Today

Dear Lord, thank You for Your endless blessings and presence in my life. Help me to cultivate a heart overflowing with gratitude, praising You in all seasons. Teach me to see Your hand at work even in hardship and to express thanks continually. May my praise be a fragrant offering that draws me close to You.

In Jesus' name, Amen. 🎵 🙏 ❤️





Day 4: 🏔️ Walking the Path of Obedience



Day 4: 🏞️ Walking the Path of Obedience

Your Verse

Luke 17:14 NIV – They obeyed Jesus and went to show themselves to the priests.

Supporting Scriptures

- *James 1:22 – "Do not merely listen to the word, and so deceive yourselves. Do what it says."*
- *John 14:15 – "If you love me, keep my commands."*



Day 4: 🏞️ Walking the Path of Obedience

Devotional: Obedience as an Expression of Love

The healed lepers demonstrated quick obedience by following Jesus' instruction without questioning or hesitation. This obedience not only confirmed their healing but demonstrated their trust.

Obedience is a critical part of a fruitful faith. It may not always be easy, but it reflects love for God and reverence for His word. Jesus highlighted obedience throughout His ministry as essential to spiritual growth and blessing.

Consider areas where God's commands call for your action. Obedience fosters a heart aligned with His purposes and opens the door for His blessings in your life.



Day 4: 🏔️ Walking the Path of Obedience

Reflect and Apply

1. What challenges do you face when obeying God's commands?

2. How does obedience nurture your relationship with God?

3. In what ways can obedience lead to unexpected blessings in your life?



Day 4: 🏔️ Walking the Path of Obedience

Journaling Prompts

1. Identify an area in your life where obedience is difficult and pray about it.

2. Reflect on a time when obeying God led to a blessing.

3. Write commitments to obey God more fully starting today.



Day 4: 🏞️ Walking the Path of Obedience

Prayer for Today

Father God, grant me the strength and willingness to obey Your word. Help me to follow Your instructions promptly and faithfully, trusting that Your ways bring life and blessing. May my obedience be an act of love that honors You. Guide me daily in walking Your path with faith and humility. *In Jesus' name, Amen.* 🙏🌿✨





Day 5: ❤️ Restored by Healing and Forgiveness



Day 5: ❤️ Restored by Healing and Forgiveness

Your Verse

Luke 17:14 NIV – Their leprosy was cleansed, restoring them physically and socially.

Supporting Scriptures

- *Isaiah 53:5 – "By his wounds we are healed."*
- *Psalms 103:2-3 – "Praise the Lord, my soul...who forgives all your sins and heals all your diseases."*



Day 5: ❤️ Restored by Healing and Forgiveness

Devotional: Wholeness Through Healing and Forgiveness

The healing of the lepers was more than physical restoration; it was social and spiritual restoration. Leprosy isolated them from community and temple worship, but Jesus' healing returned them to wholeness.

God's healing also includes forgiveness — a restoration of our relationship with Him. Jesus' miracles point us to the greater healing found in His sacrifice, where our sins are forgiven, and our spirits renewed.

Reflect on how God's healing work touches every aspect of your being and brings wholeness and peace.



Day 5: ❤️ Restored by Healing and Forgiveness

Reflect and Apply

1. How has God's healing touched areas beyond your physical body?

2. In what ways do you experience restoration through God's forgiveness?

3. How can you share God's healing and forgiveness with others?



Day 5: ❤️ Restored by Healing and Forgiveness

Journaling Prompts

1. Write about what God's forgiveness means to you personally.

2. Describe areas of your life that need God's healing touch.

3. Pray for those who need physical, emotional, or spiritual healing.



Day 5: ❤️ Restored by Healing and Forgiveness

Prayer for Today

Gracious God, thank You for Your healing power that restores body, mind, and soul. I praise You for forgiveness that renews my spirit and brings peace. Help me to embrace Your healing fully and to walk in the freedom You provide. May I be a vessel of Your healing grace to others. *In Jesus' name, Amen.* ❤️ 🙏





Day 6: ✨ The Impact of One Thankful Heart



Day 6: ✨ The Impact of One Thankful Heart

Your Verse

Luke 17:17 NIV – Jesus noticed and asked, 'Were not all ten cleansed?'

Supporting Scriptures

- *Matthew 6:33 – "But seek first his kingdom and his righteousness..."*
- *Romans 12:1 – "Offer your bodies as a living sacrifice, holy and pleasing to God."*



Day 6: ✨ The Impact of One Thankful Heart

Devotional: The Power and Witness of Gratitude

Jesus' question highlights the unique impact of the one leper who returned to thank Him. His gratitude stood out and received Jesus' special commendation.

One thankful heart can make a profound difference. It risks standing out, expressing vulnerability, and acknowledging God publicly. Seeking God's kingdom with gratitude invites His continued work in our lives and sets an example to others.

Today, consider how your attitude of thankfulness not only blesses you but also influences those around you for God's glory.



Day 6: ✨ The Impact of One Thankful Heart

Reflect and Apply

1. How does your gratitude impact your community and relationships?

2. In what ways can you be intentional about expressing thanks publicly?

3. What fruits grow from a heart focused on God's kingdom first?



Day 6: ✨ The Impact of One Thankful Heart

Journaling Prompts

1. Write about a time your gratitude influenced someone else positively.

2. List ways to practice gratitude as a daily spiritual discipline.

3. Reflect on how gratitude shapes your witness to others.



Day 6: ✨ The Impact of One Thankful Heart

Prayer for Today

Lord, help my heart to be uniquely thankful and outspoken in praise. May my gratitude honor You and inspire others to seek Your kingdom. Use my life as a testimony of Your grace and power through thankfulness. Teach me to live boldly in faith and praise. *In Jesus' name, Amen.* ✨ 🙏 ❤️





Day 7: 🌿 Living a Life Marked by Thanks



Day 7: 🌿 Living a Life Marked by Thanks

Your Verse

Colossians 3:15 NIV - Let the peace of Christ rule in your hearts, and be thankful.

Supporting Scriptures

- *Psalm 118:24 - "This is the day the Lord has made; let us rejoice and be glad in it."*
- *Ephesians 5:20 - "Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."*



Day 7: 🌿 Living a Life Marked by Thanks

Devotional: Embracing Gratitude as Daily Lifestyle

Gratitude is not just an occasional act but a lifestyle. Colossians reminds us to let thankfulness permeate our hearts continuously, allowing the peace of Christ to rule.

A life marked by thanks transforms how we experience each day. It turns ordinary moments into celebrations of God's faithfulness and invites us to rejoice in His presence continually.

As this Bible study concludes, commit to living every day with a heart full of thanks, letting your gratefulness reflect the love and grace you've received.



Day 7: 🌿 Living a Life Marked by Thanks

Reflect and Apply

1. How can you cultivate daily gratefulness amid life's challenges?

2. What habits support a consistent attitude of thankfulness?

3. How does being thankful influence your peace and joy?



Day 7: 🌿 Living a Life Marked by Thanks

Journaling Prompts

1. Create a daily gratitude list to maintain throughout the week.

2. Reflect on how thankfulness has grown since starting this study.

3. Write a prayer committing to a life of continual gratitude.



Day 7: 🌿 Living a Life Marked by Thanks

Prayer for Today

Heavenly Father, help me to embrace gratitude as a daily lifestyle. Let my heart overflow with thankfulness in all circumstances, inviting Your peace to rule within me. Teach me to rejoice each day in Your goodness and to live as a testament to Your grace. May my life glorify You always. *In Jesus' name, Amen.* 🌿 🙏 🌸





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