

**Attitudes / Say Thank You**  
**Luke 17:11-19 / February 23, 2025**  
**Brandon Grant, Lead Pastor**

**THE MOST ABOMINABLE OF SINS**

"In the light of the Divine Goodness, it seems to me, though others may think differently, that ingratitude is the most abominable of sins and that it should be detested in the sight of our Creator and Lord by all of His creatures who are capable of enjoying His divine and everlasting glory. It is a forgetting of the graces, benefits, and blessings received, and as such it is the cause, beginning, and origin of all sins and misfortunes." (ST. IGNATIUS)

Romans 1:21, 1 Thessalonians 5:18 NIV

SAY THANK YOU | *We frequently express our gratitude to God and one another.*

*Unexpressed gratitude is often interpreted as ingratitude.*

**THE SCIENTIFIC SUPPORT OF SAYING THANK YOU**

Expressed gratitude is scientifically proven to be holistically beneficial.

Psychology and medical research show numerous benefits mentally, physically, emotionally, relationally, and spiritually.

Mentally -

Physically -

Emotionally -

Relationally -

**THE SCRIPTURAL SUPPORT OF SAYING THANK YOU**

Spiritually - Luke 17:11-19 NIV

Who do you need to SAY THANK YOU to, and how can you best express it?