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An rfour.org Children's Time Message

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Written for Sunday, October 9, 2016

21st Sunday in Ordinary Time

Lectionary Year C

Scripture: [Luke 17:11-19](#) [**Summary:** *Jesus And The Thankful Leper.*]

Supplies Needed: No supplies are needed.

ASK (a.k.a. [The On-Ramp](#))

- Good morning!
- Can you tell me what “exercise” is?
- That’s right! It is when we use our muscles and bodies and move around to feel and be healthy.
- And why would we want to be healthy?
- Right again! Because being healthy feels good and because we tend to get sick less often when we are taking care of our bodies.

TELL (a.k.a. [The Freeway](#))

- Just like there are exercises that make our bodies feel better, there are also exercises that help us pay attention to God better
- One of these “spiritual exercises” is worship - which is what we’re doing right now, together, and we do it regularly.
- Another spiritual exercise is praying, both on our own and with others.
- Another is reading and thinking and talking about the Bible stories.
- Still another spiritual exercise is giving thanks to God.
- We see the importance of giving thanks in today’s story
- In the story, Jesus heals 10 men, each of whom have this awful disease called leprosy.

- But, after they are healed, only ONE of the men returns to Jesus to give thanks.
- Because he returns, Jesus can tell him, “Your faith has made you well.”
- The man is already healed (that’s why he came back in the first place, because he was healed) but because he came back to give thanks, then he is made even better.

SHARE the Good News (a.k.a. *The Destination*)

- So, when we practice these spiritual exercises like worship, prayer, bible study, and giving thanks to God, then we are strengthening our ability to pay attention to God.
- Then, like the man in today’s story, because we are better able to pay attention to God, we can also better receive the fullness of God’s love and life for us.
- And when we do that, then we can also serve as God’s loving, healthy gifts to those around us.
- And that’s the good news for today.
- Let’s Pray. This is a repeat-after-me prayer.

CLOSING Prayer

Dear God,

Dear God,

Please help us...

Please help us...

...to learn and then do...

...to learn and then do...

...the spiritual exercises...

...the spiritual exercises...

...that help us pay better attention to you...

...that help us pay better attention to you...

...and be your loving gift to others.

...and be your loving gift to others.

Thank you and Amen