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An rfour.org Children's Time Message

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Written for October 9, 2022

Eighteenth Sunday after Pentecost

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? [*listen to answers*]
- That’s right! Exercise is when we use our muscles and bodies and move around to be and stay healthy.
- What do you think? Is exercise the *only* way that we can be and stay healthy?
- You’re right again! Things like eating well, getting enough rest, and going to the doctor on a regular basis are other things we can do to stay healthy.
- And why would we want to be healthy?
- Yes! Because it just feels better than not feeling healthy.
- Also, the healthier we are, the more things we are able to do.

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” that we can do regularly is worship - which is what we’re doing right now, together.
- Another spiritual exercise that we can do regularly is praying, both on our own and with others.
- And another spiritual exercise we can do regularly is giving thanks to God.
- It is that exercise of giving thanks that we see 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 say thank you.
- Because he returns, Jesus is able to tell him, “Your faith has made you well.”
- The man was already healed, but because he came back to give thanks, then the man was made even better – he went from being *healed* to being *made well*.
- This is a lot like how exercise by itself can help us feel healthy, but then when we eat well and get lots of sleep as well, then we often feel even better.

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

- When we practice these spiritual exercises of worship, prayer, and giving thanks to God, then we are strengthening our ability to pay attention to God.
- And, like the man in today’s story, when we do these exercises, then we are better able to receive the fullness of God’s love and life for us.
- When we are fully receiving God’s love and life, then we are even better able to be God’s loving, *healthy* gifts to those around us.
- 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