

peace be with you

# weekly devotional

from the desk of Rev. Marta Wheeler  
SAINT PAUL BENSON

## Forgiveness

Out of the many  
ways I can think to forgive  
it's eased by pretending  
this offending act  
never occurred.  
I like you as before.

Or print the name as prayer  
to give to God and never  
take it back when irked again.

Stupid things I've done come  
to mind so I let go while  
enabling forgiveness of self.

Become absorbed today.  
Sunrise, moon, or child  
Be creative in recording this.

Fine forgiveness comes  
Haiku writes itself  
The snapshot draws one in.

**November 17, 2022**

## **Luke 17:11-19**

### ***Jesus Heals Ten Men with Leprosy***

<sup>11</sup> Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. <sup>12</sup> As he was going into a village, ten men who had leprosy[a] met him. They stood at a distance <sup>13</sup> and called out in a loud voice, "Jesus, Master, have pity on us!"

<sup>14</sup> When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed.

<sup>15</sup> One of them, when he saw he was healed, came back, praising God in a loud voice. <sup>16</sup> He threw himself at Jesus' feet and thanked him—and he was a Samaritan.

<sup>17</sup> Jesus asked, "Were not all ten cleansed? Where are the other nine? <sup>18</sup> Has no one returned to give praise to God except this foreigner?" <sup>19</sup> Then he said to him, "Rise and go; your faith has made you well."

## **Sermon-By-Phone**

**402-210-2091**

Each week, a timely message and scripture are available simply by making a phone call!

## **An Attitude of Gratitude**

Gratitude, forgiveness, and healing go hand in hand as we journey through life. It's not often that any of them occur instantaneously. When feeling ill of health, we tend to focus on the aches and pains and may not even see the suffering of others.

To feel a sense of gratitude, it is necessary to accept healing that may include the process of forgiving ourselves or another. Sometimes we must realize the past is over and focus on the present.

In this passage from Luke, Jesus shows what a treasure he considers health, friendship, and life itself. As the one person returned to give thanks, he opened himself up to more than physical healing. When focused on gratitude, we find how much grander is the relationship we have with God. Praying and dancing, we release all our anxieties and accept restoration.

Monday night, a group of people came to Saint Paul for "Steph and Marta Write Haiku." The room was quiet as scenes were written in their minds and then on paper. I don't know what happened in people's minds, but there was a sense of unity in the Spirit. I am grateful for moments that take my mind away from negativity and bring refreshment.

We pray for you as the days get colder and shorter. May you find a space to create in your own way so the days will go by faster. May we spread kindness in the world.

*God's blessings of grace and healing to you,*

*Marta*

Rev. Marta Wheeler