



## THANKS & GIVING PART 1

Miles McPherson / October 28, 2018

**1 Opening Prayer:** Heavenly Father Holy God, thank you that we can stand every morning to thank and praise you. We give you thanks, and praise your glorious name. We will sing the praises of the name of the Lord and give thanks to you with all of our heart; We will tell of all your wonderful deeds. We are glad and rejoice in you Jesus Son of the Most High God. Amen

**2 Encouragement:** We can bring our burdens to God. When we give thanks to God we receive blessings on many levels. New or improved relationships, physical health, reduced anxiety and aggression, improved sleep, increased self esteem, mental strength, overcoming trauma. But the greatest of all is that God will brag about and lift us up. Indeed we will receive a second blessing when we give our thanks to our God.  
**As a group make a list without duplications of what God has done for you just today.**

**3 Scripture:** Which of these verses contain examples of blessings as a result of giving thanks to God? **Luke 17:19, Psalm 50:14-15, Philippians 4:6-7, Colossians 4:2-3, 1 Timothy 2:1-1**

**4 Prayer:** Our prayers should be thanks focused; not by coming into Gods presence with complaining, but with thanks and giving even for the things we would complain about. "Enter into His gates with thanksgiving, *And* into His courts with praise. Be thankful to Him, *and* bless His name." Psalm 100:4 We can never thank God enough for who He is, what He has done, for what He is doing and for what He will do in our lives. **Take 10 seconds each and give thanks to God out loud right now for some of the blessings you enjoy today.**

**5 Next Steps:** Write down one thing that your were once very anxious about, and one thing that you are most anxious about now. Did you thank God for what it was that you were anxious about back then? Determine now in writing how you can **give thanks for what your anxious about now.** \_\_\_\_\_.

**Quote: "Salvation is a healing event." "Giving thanks is a key to blessings" Miles**