**Thanksgiving from the Heart**

Today we will learn that prayer is communicating or talking with God. We may not be able to call God on the telephone or send Him a letter, but prayer is just as real as e-mail, text, or speaking to someone face to face. When we pray, we are able to recognize God and come close to Him. When we are close to Him, it changes everything!

One thing that it changes is how we recognize the good that God gives us. When we are thanking God we can see how generous God is even how He gives to us from what He has created.

Psalm 24:1 says The earth is the Lord’s, and everything in it. The world and all its people belong to Him (NLT).

Although God created everything, He loves us so much that He shares everything with us! We can thank Him for what He has created in the earth and also for what He has created in our lives.

*Take time to pause and thank God for one thing He has created in the Earth and one thing He has given as a gift to you.*

God loves us and even when we are not aware of His purpose or plan for our lives if we start with thanksgiving, He will reveal more to us. He will reveal it as we come to spend our time with Him (Psalm 25:14).

 Let’s look at the power of thanksgiving with the 10 Lepers that desired healing.

In The beginning these 10 men just cried out to Jesus with a simple prayer from their heart

Read Luke 17:12-13

**12**As he was going into a village, ten men who had leprosymet him. They stood at a distance **13**and called out in a loud voice, “Jesus, Master, have pity on us!”

Although it seems small, they saw Jesus as their Master

1. The One who is in control of everything
2. The One is came to heal them

When they acknowledged Him, Jesus had pity on them and healed them **BUT** look what happened when one came back and gave Him a prayer of Thanksgiving from His heart.

Luke 17:15-17

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

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

When the one came back to offer a genuine prayer from a faithful heart. Jesus gave Him more! Jesus blessed his body but also blessed his body and spirit!

Your prayer of Thanksgiving is powerful! IT OPENS the door for God to bless you MORE, in every area of your life! Offer Thanksgiving to God and to others from a sincere place in your heart. It is the key to opening bigger doors. Start off by thanking God and acknowledging that He is good and that He has good plans for your life

*Jeremiah 29:11 For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.*

And then ask Him to carry out His personal plan for you.

*Proverbs 19:21 Many plans are in a man’s mind, But it is the LORD’S purpose for him that will stand (be carried out). AMP*

**Challenge for the week:**

*This week’s challenge is a two in two parts!!!*

PART !- Keep a piece of paper by your bed in the morning and write own 3 things you Thank God for, by the end of the week see what can you repeat and what you notice growing from that area of thanksgiving

Ex: I thanked God for waking me up, I feel happier about the day.

PART 2-Practice Thanking Your parents for something without receiving anything 3 times this week. Write down their response to you.