

Simple Steps To Thanksgiving

Luke 17:11-19



Thanksgiving Day List (Housewives)

- "For automatic dishwashers because they make it possible for us to get out of the kitchen before the family comes back in for their after-dinner snacks.
- "For husbands who attack small repair jobs around the house because they usually make them big enough to call in the professionals.
- "For children who put away their things & clean up after themselves. They're such a joy you hate to see them go home to their own parents
- "For teenagers because they give parents an opportunity to learn a second language.
- For Smoke alarms because they let you know when the turkey's done



**Notice That the Way Things Were When We Were Kids
...Is Not The Same Today?**

Not Only Is This Generation Not Learning...

- History
- Spiritual And National

Not Learning Simple Things Like

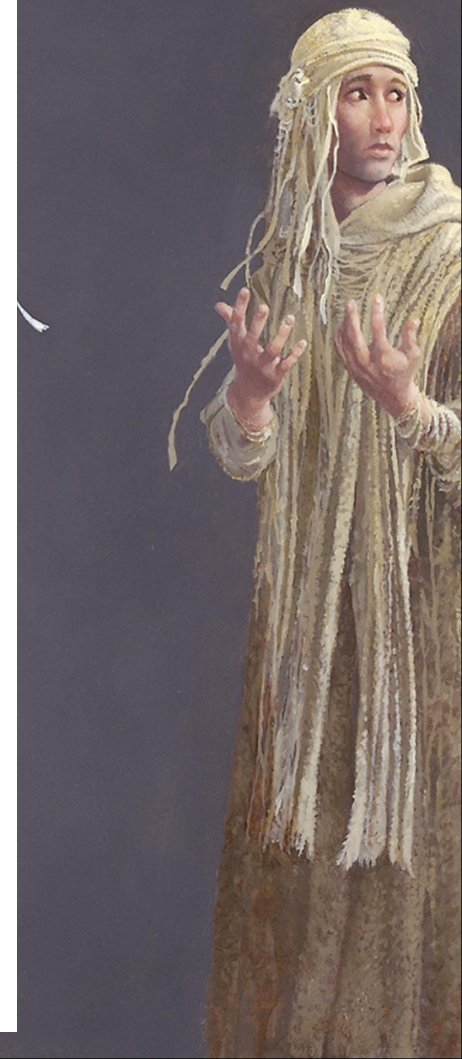
- Value of Hard Work
- Power of a Thankful Spirit

Cultural
diversity

Ability

Gratitude Power...

- has lasting positive effects on the brain
- boosts the immune system
- reduces stress, anxiety, and depression
- promotes optimism and positivity
- helps create and strengthen relationships
- reduces chronic pain
- improves overall sleep
- keeps us grounded in reality
- promotes exercise and healthy habits
- improves our overall self-esteem



Step One "Stop"

Stopping is the first step to thanksgiving.

Leprosy was the AIDS of the First Century.

It was highly contagious/ could be caught merely by touch

Since there was no antidote, leprosy would spread throughout the body, slowly but surely progressing until one died.

Because of the horrific nature of this disease and the death it brought, it was seen as the absolute worst thing that God could do to someone.

To have it meant, as they believed, that the victim was in the most horrifying judgment of God.



- When Jesus healed these lepers, he wasn't just offering them a Kleenex for a runny nose.
- He literally changed, saved and spared their lives!
- What was their response? They just walked on to show themselves to the priest.
- But one leper was different. He came back to Jesus. Why? Because he went through the first step of thanksgiving. "Stop."



A background image showing a biblical scene. On the left, a man with long dark hair (Jesus) is looking down. On the right, a man in a turban and patterned robe is looking towards the center. In the foreground, two hands are clasped together. The scene is set outdoors with stone walls in the background.

Step Two "Look"

- He Looked at what happened.
 - He saw he was healed!
- Did the others experience that? Of course!
 - But they didn't stop.
- They just went along their merry way.

Third Step is "Listen."

When the Samaritan leper was healed, after he stopped and looked - He ran to Jesus. Why?

Having experienced physical healing, he was running back to Jesus to hear more... about grace, love and the new life that Jesus was offering to him.

Stop, Look and Listen.

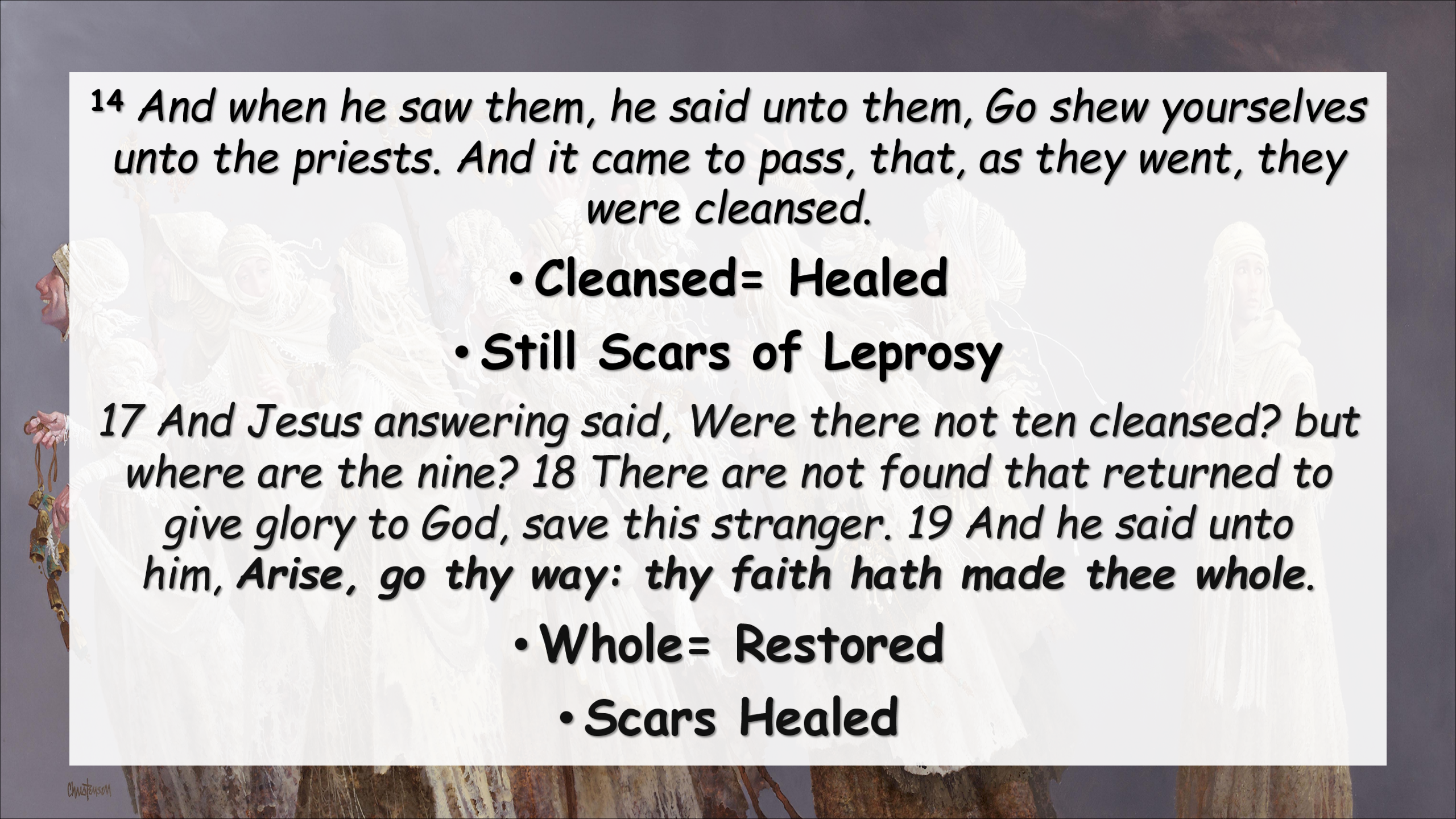
Those are the **First Three Steps of Thanksgiving.**

What is the last one? It's simple. Thanks God! Remember Jesus' words to the Samaritan Leper? 17 "Jesus asked, "Were not all ten cleansed? Where are the other nine? 18 Was no one found to return and give praise to God except this foreigner?"



14 *And when he saw them, he said unto them, Go shew yourselves unto the priests. And it came to pass, that, as they went, they were cleansed.*

- **Cleansed= Healed**
- **Still Scars of Leprosy**



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17 And Jesus answering said, Were there not ten cleansed? but where are the nine? 18 There are not found that returned to give glory to God, save this stranger. 19 And he said unto him, Arise, go thy way: thy faith hath made thee whole.

- Whole= Restored
- Scars Healed



stop
look
listen



Let's Practice This Right Now!

• Step One: "Stop"

- Let's stop everything—the rat race, the swirl in your head planning and wondering about Thanksgiving Dinner's
Stop it!

• Step Two: "Look"

- Let's look to see what God has done in your life. As you look in your life, what things are you thankful for?

• Step Three: "Listen"

- What is it that God wants you to hear about His plan, His goodness and His love for you?





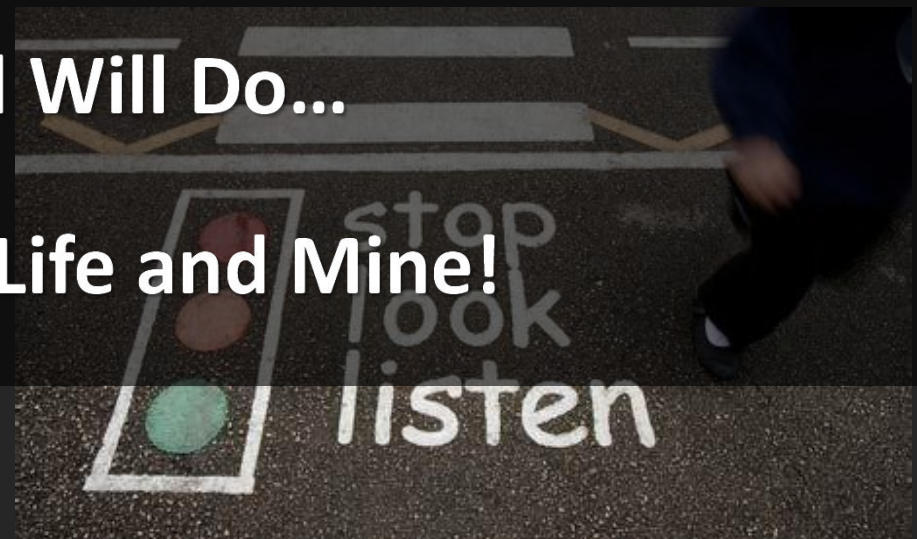
Step Four:

Let's Thank God For All He's Done...



and Will Do...

In Your Life and Mine!



Dear God, I want to thank you for what you have already done

- I am not going to wait until I see results or receive rewards
 - I am thanking you right now
- I am not going to wait until I feel better or things look better
 - I am thanking you right now
- I am not going to wait until people say they are sorry or until they stop talking about me
 - I am thanking you right now
- I am not going to wait until the pain in my body disappears
 - I am thanking you right now

- I am not going to wait until my financial situation improves
 - I am going to thank You right now
- I am not going to wait until the children are asleep/ house is quiet
 - I am going to thank You right now
- I am not going to wait until I get promoted or until I get the job
 - I am going to thank You right now
- I am not going to wait until I understand every experience in my life that has caused me pain or grief
 - I am going to thank You right now
- I am not going to wait until the journey gets easier or the challenges removed
 - I Am Thanking You Right Now.

I am thanking You because I am alive

I am thanking You because I made it through the day's difficulties.

I am thanking You because I have walked around the obstacles.

I am thanking You because I have the ability and the opportunity to
do more and do better.

I am thanking You because You have not given up on me.

God, thank You for being so good to me.

Continue to enable me to stop, look, listen and thank You for your
goodness!

In Jesus name I pray, Amen.

Today, I just want to

Thank God

for the gift of life.

No requests ...

No complaints ...

just thankful

to be alive.

Biblical Christianity

This Weeks Assignment

In Any Situation- Try a Thankful Attitude and Actions First

Thank God
for the gift of life.
No requests ...
No complaints ...
just thankful
to be alive.

Biblical Christianity

This Weeks Assignment

In Any Situation- Try a Thankful Attitude and Actions First

Thank God



When I have a thankful attitude
When I have thankful actions

•

When I have a thankful attitude

When I have thankful actions

- It changes the way I enter my trials
- It changes the way I endure my trials
- It changes the way I accept my trials

When I have a thankful attitude

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Just be thankful