**Wake Up**

**Part 3**

**Thanksgiving \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the Spirit.**

*Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. And give thanks for everything to God the Father in the name of our Lord Jesus Christ.*

Ephesians 5:18-20 (NLT)

**Thanksgiving \_\_\_\_\_\_\_\_\_\_\_ me.**

*As Jesus continued on toward Jerusalem, he reached the border between Galilee and Samaria. As he entered a village there, ten men with leprosy stood at a distance, crying out, “Jesus, Master, have mercy on us!” He looked at them and said, “Go show yourselves to the priests.” And as they went, they were cleansed of their leprosy. One of them, when he saw that he was healed, came back to Jesus, shouting, “Praise God!” He fell to the ground at Jesus’ feet, thanking him for what he had done. This man was a Samaritan. Jesus asked, “Didn’t I heal ten men? Where are the other nine? Has no one returned to give glory to God except this foreigner?” And Jesus said to the man, “Stand up and go. Your faith has healed you.”*

Luke 17:11-19 (NLT)

**What are the thanksgiving “killers” in me?**

1. **\_\_\_\_\_\_\_\_\_\_ - “I deserve this.”**
2. **\_\_\_\_\_\_\_\_\_\_ - “I need this.”**
3. **\_\_\_\_\_\_\_\_\_\_ - “I did this.”**
4. **\_\_\_\_\_\_\_\_\_\_ - “I am this.”**

Five Minute Journal

1. Five things for which I am grateful.
2. One thing that is bothering me.
3. Two key actions I need to take today to make it great.