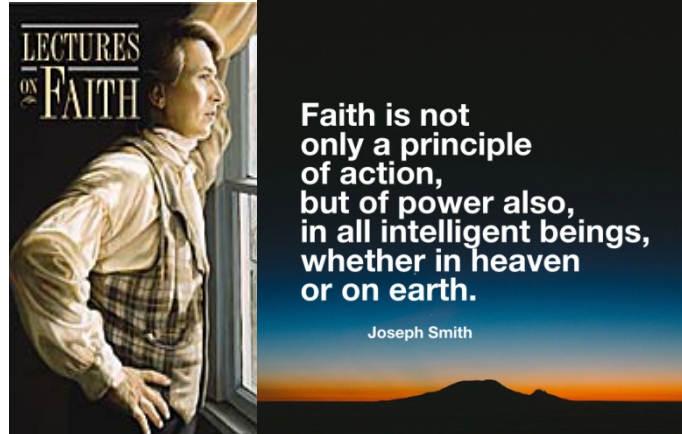


## April 2020, Lesson #6 Praise, Thanksgiving and Faith



To praise God we must know His attributes. Joseph Smith, Jr., in his Lectures on Faith, in his fourth lecture on page 49, says: “Let us observe, that the real design which the God of heaven had in view in making the human family acquainted with his attributes, was, that they, through the idea of the existence of His attributes, might be enabled to exercise faith in Him.” He goes on and then on page 57, says: “Could men exercise faith in God without an acquaintance with His attributes, so as to be enabled to lay hold of eternal life? They could not.” So we see it is most important that we know the attributes of God, and Joseph taught about God’s attributes in his third and fourth Lectures on Faith. See handout “Attributes of God” from Lesson #2.

We cannot praise God unless we know Him and we come to know Him through learning about His attributes. That is why in this class we will learn about praise and thanksgiving and faith; they go together. To praise God we must learn and consider who He is and what His attributes are. When we focus on God and His attributes, through praise and thanksgiving, our faith develops and grows strong. Daniel expressed this principle in Daniel 11:32, “...but the people that do know their God shall be strong, and do exploits.”

Hopefully, as we consider God’s attributes our faith will grow. We need to become people of great faith to accomplish God’s will in our own lives, to become bright lights and to build God’s Kingdom, that city of light set upon the hill Zion.

Joseph said in Lecture #1, page 5: “Faith, then, is the first great governing principle which has power, dominion, and authority over all things; by it they exist, by it they are upheld, by it they are changed, or by it they remain, agreeable to the will of God. Without it there is no power, and without power there could be no creation nor existence!”

I hope by learning more about praise, thanksgiving and faith we can increase our faith and tap into that power by which we can accomplish the work required of us in this, the latter days. We need to practice coming to know God, that we might have a strong and living faith.

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**A Living Faith = Power, Promise and Salvation**  
**Faith/Belief = First Step to Salvation and a Living Faith**

John 3:16 For God so loved the world, that he gave his Only Begotten Son, that whosoever believeth on him should not perish; but have everlasting life.

John 1:12 But as many as received him, to them gave he power to become the sons of God; only to them who believe on his name.

2 Nephi 12:78 For the Lord covenanteth with none, save it be with them that repent and believe in his Son, who is the Holy One of Israel.

Alma 8:96 And he shall come into the world to redeem his people; and he shall take upon him the transgressions of those who believe on his name; and these are they that shall have eternal life, and salvation cometh to none else.

Galatians 3:26 For ye are all the children of God by faith in Jesus Christ.

2 Nephi 1:76-77 Wherefore, he is the first fruits unto God, inasmuch as he shall make intercession for all the children of men; 77 And they that believe in him, shall be saved.

3 Nephi 4:47 And as many as have received me, to them have I given to become the sons of God; and even so will I to as many as shall believe on my name, for behold, by me redemption cometh, and in me is the Law of Moses fulfilled.

**We are more blessed, when we, who have not seen Jesus,  
believe on the words of those who did.  
Jesus prayed for you and me.**

Matthew 5:3 Blessed are they who shall believe on me; and again, more blessed are they who shall believe on your words, when ye shall testify that ye have seen me and that I am.

John 17:20 Neither pray I for these alone, but for them also which shall believe on me through their word.

**Faith of a Mustard Seed = Unshaken Faith**

Matthew 17:20 And Jesus said unto them, Because of your unbelief; for, verily, I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove to yonder place, and it shall remove; and nothing shall be impossible unto you.

Jacob 3:7 Wherefore, we search the prophets; and we have many revelations, and the spirit of prophecy, and having all these witnesses, we obtain a hope, and our faith becometh unshaken, insomuch that we truly can command in the name of Jesus, and the very trees obey us, or the mountains, or the waves of the sea.

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### **Promises Made to Those Who Believe**

D&C 34:3b For I am God, and mine arm is not shortened, and I will show miracles, signs and wonders, unto all those who believe on my name.

Mark 11:25-26 For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith fulfilled. 26 Therefore, I say unto you, Whatsoever things ye desire, when ye pray, believe that ye receive, and ye shall have whatsoever ye ask.

Mormon 4:84 Behold I say unto you, that whoso believeth in Christ, doubting nothing, whatsoever he shall ask the Father in the name of Christ, it shall be granted him; and this promise is unto all, even unto the ends of the earth.

Mark 16:16-20 And these signs shall follow them that believe; 16:17 In my name shall they cast out devils; they shall speak with new tongues; 16:18 They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; 16:19 They shall lay hands on the sick, and they shall recover. 16:20 So then, after the Lord had spoken unto them, he was received up into heaven, and sat on the right hand of God.

John 14:12 Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.

2 Nephi 6:42 But, behold, the righteous, the saints of the Holy One of Israel, they who have believed in the Holy One of Israel; they who have endured the crosses of the world, and despised the shame of it; they shall inherit the kingdom of God, which was prepared for them from the foundation of the world: and their joy shall be full forever.

### **Belief = Action= Service (1)**

Heb 11:7-8 By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith. 11:8 By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went.

II Nephi 13:24-29 For the gate by which ye should enter is repentance and baptism by water: and then cometh a remission of your sins by fire, and by the Holy Ghost. 13:25 And then are ye in this strait and narrow path which leads to eternal life; yea, ye have entered in by the gate; ye have done according to the commandments of the Father and the Son; 13:26 And ye have received the Holy Ghost, which witnesses of the Father and the Son, unto the fulfilling of the promise which he hath made, that if ye enter in by the way, ye should receive. 13:27 And now, my beloved brethren, after ye have gotten into this strait and narrow path, I would ask, if all is done? 13:28 Behold, I say unto you, Nay; for ye have not come thus far, save it were by the word of Christ, with unshaken faith in him, relying wholly upon the merits of him who is mighty to save; 13:29 Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men.

Mosiah 2:13-17 Believe in God; believe that he is, and that he created all things both in heaven and in earth; 2:14 Believe that he has all wisdom, and all power, both in heaven and in earth; 2:15 Believe that

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**Belief = Action = Service (2)**

man doth not comprehend all things which the Lord can comprehend. 2:16 And again: Believe that ye must repent of your sins and forsake them, and humble yourselves before God; and ask in sincerity of heart that he would forgive you: 2:17 And now, if you believe all these things, see that ye do them.

3 Nephi 5:34 And whoso believeth in me, and is baptized, the same shall be saved; and they are they who shall inherit the kingdom of God.

Alma 9:27 That he is just in all his works, and that he is merciful unto the children of men, and that he has all power to save every man that believeth on his name, and bringeth forth fruit meet for repentance.

D&C 17:6a And we know that all men must repent and believe on the name of Jesus Christ and worship the Father in his name, and endure in faith on his name to the end, or they cannot be saved in the kingdom of God.

Mosiah 1:49 And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings, ye are only in the service of your God.

Mosiah 9:41 Now I say unto you, If this be the desire of your hearts, what have you against being baptized in the name of the Lord, as a witness before him that ye have entered into a covenant with him that ye will serve him and keep his commandments, that he may pour out his Spirit more abundantly upon you?

Mosiah 9:174 Now they would have gladly joined with them, for they themselves had entered into a covenant with God, to serve him, and keep his commandments.

Mosiah 179 They were desirous to be baptized, as a witness and a testimony that they were willing to serve God with all their hearts;

Alma 16:10 Now if a man desired to serve God, it was his privilege, or rather if he believed in God, it was his privilege to serve him;

Alma 19:84 And thus we see, that there was a time granted unto man, to repent, yea, a probationary time, a time to repent and serve God.

**Endure to the End**

2 Nephi 6:42 But, behold, the righteous, the saints of the Holy One of Israel, they who have believed in the Holy One of Israel; they who have endured the crosses of the world, and despised the shame of it; they shall inherit the kingdom of God, which was prepared for them from the foundation of the world: and their joy shall be full forever.

2 Nephi 6:49 And if they will not repent and believe in his name, and be baptized in his name, and endure to the end, they must be damned.

2 Nephi 13:21 And now, my beloved brethren, I know by this, that unless a man shall endure to the end, in following the example of the Son of the living God, he cannot be saved.

3 Nephi 12:18 Have they not read the scriptures, which say, Ye must take upon you the name of Christ, which is my name? for by this name shall ye be called at the last day; and whoso taketh upon him my name, and endureth to the end, the same shall be saved at the last day.

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**Praise and Thanksgiving**



**Praise is Spiritual Warfare**

Psalms 149:5-6 Let the saints be joyful in glory; let them sing aloud upon their beds.  
149:6 Let the high praises of God be in their mouth, and a two-edged sword in their hand.

**Thanksgiving**

Psalms 95:2-3 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. For the Lord is a great God, and a great King above all gods.

Psalms 100:4 Enter into his gates with thanksgiving, and into his courts with praise; be thankful unto him, and bless his name.

Philippians 4:6-7 Be afflicted for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. 4:7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

**We are Commanded to Give Thanks Daily and to Live in Thanksgiving**

Mosiah 9:56 And he commanded them that they should observe the Sabbath day, and keep it holy, and also every day they should give thanks to the Lord their God.

Alma 16:238 And that ye live in thanksgiving daily, for the many mercies and blessings which he doth bestow upon you.

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### **Praise, Thanksgiving and Faith**

#### **We are Commanded to Give Thanks for Everything**

Mosiah 11:149 ...being commanded of God to pray without ceasing, and to give thanks in all things.

D&C 95:1a Verily I say unto you, my friends, Fear not, let your hearts be comforted, yea, rejoice evermore, and in everything give thanks, waiting patiently on the Lord;

D&C 59:2d Thou shalt thank the Lord thy God in all things.

1 Thessalonians 1:2 We give thanks always.

1Thessalonians 5:18 In everything give thanks; for this is the will of God in Christ Jesus concerning you.

#### **We Are to Praise the Lord**

Psalms 117:1-2 Oh praise the Lord, all ye nations; praise him all ye people. 117:2 For his merciful kindness is great toward us; and the truth of the Lord endureth forever. Praise ye the Lord.

Psalms 150:1-6 Praise ye the Lord. Praise God in his sanctuary; praise him in the firmament of his power.

150:2 Praise him for his mighty acts; praise him according to his excellent greatness....

150:6 Let everything that hath breath praise the Lord. Praise ye the Lord.

Psalms 113:3 From the rising of the sun unto the going down of the same the Lord's name is to be praised.

Psalms 50:23 Whoso offereth praise glorifieth me.

Psalms 66:8 Oh bless our God, ye people, and make the voice of his praise to be heard.

Revelation 19:5 And a voice came out of the throne, saying, Praise our God, all ye his saints, and ye that fear him, both small and great. 19:6 And I heard as it were the voice of a great multitude, and as the voice of many waters, and as the voice of mighty thunderings, saying, Alleluia; for the Lord God omnipotent reigneth.

1 Peter 2:9 But ye are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvelous light.

Psalms 18:1 I will love thee, O Lord, my strength. 18:2 The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. 18:3 I will call upon the Lord, for he is worthy to be praised; so shall I be saved from mine enemies.

Hebrews 13:15 By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips, giving thanks to his name.

Isaiah 38:16 Oh Lord, thou who art the life of my spirit, in whom I live; so wilt thou recover me, and make me to live; and in all these things I will praise thee.

Alma 14:92 Yea, I know that I am nothing; as to my strength, I am weak; therefore I will not boast of myself, but I will boast of my God; for in his strength I can do all things; yea, behold, many mighty miracles we have wrought in this land, for which we will praise his name for ever.

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### **Praise God for His Mighty Works**

Psalms 145:1-5 I will extol thee, my God, O King; and I will bless thy name forever and ever. 145:2 Every day will I bless thee; and I will praise thy name forever and ever. 145:3 Great is the Lord, and greatly to be praised; and his greatness is unsearchable. 145:4 One generation shall praise thy works to another, and shall declare thy mighty acts. 145:5 I will speak of the glorious honor of thy majesty, and of thy wondrous works.

Psalms 150:1-2 Praise ye the Lord. Praise God in his sanctuary; praise him in the firmament of his power. 150:2 Praise him for his mighty acts; praise him according to his excellent greatness.

### **We are Commanded to Offer the Sacrifice of Thanksgiving**

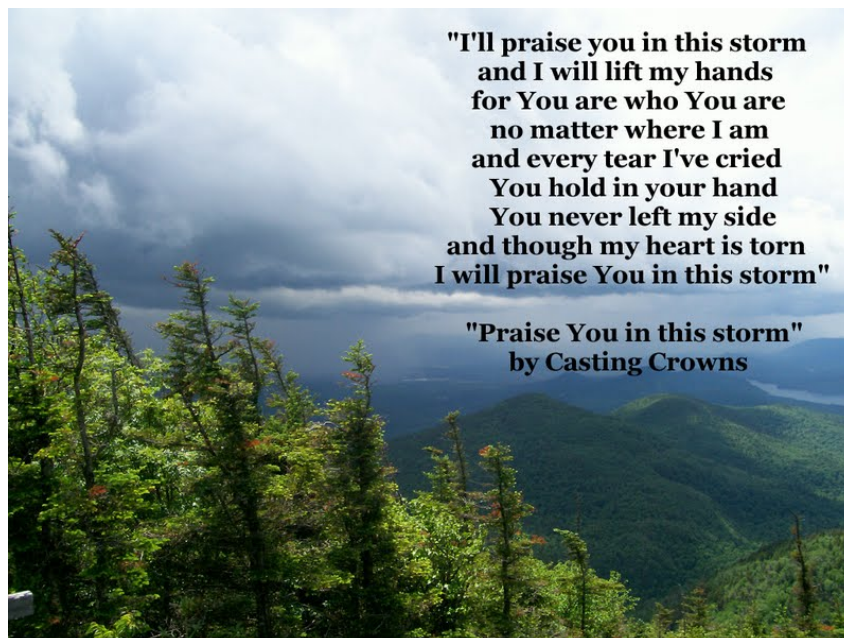
Psalms 107:22 And let them sacrifice the sacrifices of thanksgiving, and declare his works with rejoicing. Psalms 116:17 I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the Lord.

Amos 4:5 And offer a sacrifice of thanksgiving.

1 Nephi 1:157 And it came to pass that they did rejoice exceedingly, and did offer sacrifice and burnt offerings unto the Lord; and they gave thanks unto the God of Israel.

1 Corinthians 15:57-58 But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

Hebrews 13:15 By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips, giving thanks to his name.





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**Praise gets our focus off of ourselves and back on God.**

It seems in our world today, people spend a lot of time focusing on themselves. Selfishness is a major stumbling block in our day and age. We even take selfies of ourselves. Praise will help us get our focus off of ourselves and back on God. We need our eyes to be single to His glory, not our own. When we praise God, we acknowledge his majesty and proclaim our faith in Him.

D&C 85:18a And if your eye be single to my glory, your whole bodies shall be filled with light, and there shall be no darkness in you, and that body which is filled with light comprehendeth all things.

Psalms 25:15 Mine eyes are ever toward the Lord; for he shall pluck my feet out of the net.

Hebrews 12:2 Looking unto Jesus the author and finisher of our faith;

**Praise brings us to a place of humility.**

We remember our dependency on God, as we acknowledge our need for Him. As we praise Him as Creator and King of this world, we admit and recognize that we're not in control, but He is. Mosiah taught his people a lesson in humility and encouraged them to praise God when he said:

Mosiah 1:52-54 I say unto you, my brethren, that if you should render all the thanks and praise which your whole souls have power to possess, to that God who has created you, and has kept and preserved you, and has caused that ye should rejoice, and has granted that ye should live in peace one with another; 1:53 I say unto you, that if ye should serve him who has created you from the beginning, and art preserving you from day to day, by lending you breath, that ye may live and move, and do according to your own will, and even supporting you from one moment to another; 1:54 I say, if ye should serve him with all your whole soul, yet ye would be unprofitable servants.

**Praise makes the enemy flee.**

Remember praise is spiritual warfare. Evil will not stick around if we're praising our God, who will fight our battles for us. In the story of Jehoshaphat, we see God miraculously defeat the enemy, because of the people's obedience to praise Him.

II Chron. 20:22 As they began to sing and praise, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.



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#### **Praise leaves no room for complaining and negativity.**

Sometimes even within our prayers, we can tend to complain about our problems. But through praise, we're focused on Him, no longer allowing too much attention to be centered on the struggles. We're reminded of what He has already done in our lives. Nephi focused on God through praise even as he suffered at the hands of his brothers.

I Nephi 5:198-99 Wherefore, they came unto me and loosed the bands which were upon my wrists, and behold, they had swollen exceedingly; and also mine ankles were much swollen, and great was the soreness thereof. 5:199 Nevertheless, I did look unto my God, and I did praise him all the day long; and I did not murmur against the Lord because of mine afflictions.

Psa. 103:2-4 Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy.

#### **Praise opens the door so God can pour out His blessings.**

He will not hold back His goodness; praise opens the gateway of blessing as we come into His Presence. We see that clearly as the Jaredites praised God both by day and by night on their journey; He did not hold back His blessings, but blessed them abundantly.

Ether 3:9 Therefore when they were encompassed about by many waters, they did cry unto the Lord, and he did bring them forth again upon the top of the waters. 3:10 And it came to pass that the wind did never cease to blow towards the promised land, while they were upon the waters; and thus they were driven forth before the wind; 3:11 And they did sing praises unto the Lord; yea, the Brother of Jared did sing praises unto the Lord, and he did thank and praise the Lord all the day long; and when the night came, they did not cease to praise the Lord. 3:12 And thus they were driven forth; and no monster of the sea could break them, neither whale that could mar them; and they did have light continually, whether it was above the water or under the water. 3:13 And thus they were driven forth, three hundred and forty and four days upon the water; and they did land upon the shore of the promised land. 3:14 And when they had set their feet upon the shores of the promised land, they bowed themselves down upon the face of the land, and did humble themselves before the Lord, and did shed tears of joy before the Lord, because of the multitude of his tender mercies over them.

#### **Praise invites His presence.**

God dwells close to us when we praise Him.

Psa. 22:3 He inhabits the praises of His people.

1 Chronicles 16:25-27 For great is the Lord, and greatly to be praised; he also is to be feared above all gods. 16:26 For all the gods of the people are idols; but the Lord made the heavens. 16:27 Glory and honor are in his presence; strength and gladness are in his place.

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#### **Our spirits are refreshed and renewed in His presence.**

Praise teaches us to be joyful and thankful regardless of our circumstances. It prepares us for God's service and helps us to see beyond our present circumstances to the immense possibilities that are ours through faith in Jesus Christ. We're strengthened by His peace and refueled by His joy. Through a heart of praise, we realize that God doesn't just change our situations and work through our problems, He changes us.

Psa. 16:11 In His presence, there is fullness of joy.

Psa. 95:2 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.

Isaiah 40:31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

#### **Praise paves the way for God's power to be displayed; miracles happen!**

People's lives are affected and changed by praising God. As Paul and Silas sat in prison, shackled, and chained, they kept right on praising God. And God sent an earthquake that shook the cells and broke the chains. The jailer and all his family came to know Christ that very night.

Acts 16:25-26 About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, 16:26 and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened.

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**Vitamin E: To Nourish Your Faith**

For good heart health cardiologists tell us we need to have Vitamin E. This helps to keep our hearts in good health. Without your physical heart you cannot live. It is the same with your spiritual heart--it needs the right nourishments. Faith is to the spiritual heart, like vitamin E is to the physical heart. It is necessary for heart health and life.

Without Faith we cannot keep our spiritual hearts in good health and we will die spiritually. God talks a lot about the heart of men. The condition of our spiritual heart is vital to good spiritual health. But what nourishes our spiritual hearts? Well, I have a list of things which are like Vitamin E's for the spiritual heart because they build up our faith in God. I call them "Vitamin E's to Nourish Your Faith." If you want your spiritual heart to stay healthy you will need to have these Faith Vitamin's in your daily life.

**Vitamin E #1 = Exposure: Attend Church and Seeks out Christian friends.**

Moroni 6:6-7 And the church did meet together oft, to fast and to pray, and to speak one with another concerning the welfare of their souls: and they did meet together oft to partake of bread and wine, in remembrance of the Lord Jesus.

Malachi 3:16-17 Then they that feared the Lord spake often one to another; and the Lord hearkened, and heard it, and a book of remembrance was written before him for them that feared the Lord, and that thought upon his name. 3:17 And they shall be mine, saith the Lord of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him.

D&C 85:20a Behold, I will hasten my work in its time; and I give unto you who are the first laborers in this last kingdom, a commandment, that you assemble yourselves together, and organize yourselves, and prepare yourselves; and sanctify yourselves.

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**Vitamin E #2 = Explanations: Study God's Words.**  
**Seek Answers Through Prayer, Study and Fasting.**

2 Timothy 2:15 Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

Alma 17:78-82 And now my son, I would that ye should understand that these things are not without a shadow; for as our fathers were slothful to give heed to this compass, (now these things were temporal,) they did not prosper; even so it is with things which are spiritual. 17:79 For behold, it is as easy to give heed to the word of Christ, which will point to you a straight course to eternal bliss, as it was for our fathers to give heed to this compass, which would point unto them a straight course, to the promised land. 17:80 And now I say, Is there not a type in this thing? For just as surely as this director did bring our fathers, by following its course, to the promised land, shall the words of Christ, if we follow their course, carry us beyond this vale of sorrow, into a far better land of promise. 17:81 O my son, do not let us be slothful because of the easiness of the way; for so was it with our fathers; for so was it prepared for them, that if they would look, they might live; even so it is with us. 17:82 The way is prepared, and if we will look, we may live forever.

D&C 85:36a Therefore, verily I say unto you, my friends, Call your solemn assembly, as I have commanded you; and as all have not faith, seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning even by study, and also by faith.

Alma 12:4 For they were men of a sound understanding, and they had searched the scriptures diligently, that they might know the word of God.

**Vitamin E #3 = Experiment: Experiment Upon the Words of Christ. Move Out in Faith and Claim the Promises of God.**

Alma 16:149-151 Now as I said concerning faith - that it was not a perfect knowledge, even so it is with my words. 16:150 Ye can not know of their surety at first, unto perfection, any more than faith is a perfect knowledge. 16:151 But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith; yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words.

Alma 12: 5 But this is not all: they had given themselves to much prayer, and fasting, therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority, even as with the power and authority of God.

Romans 4:20-21 He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; 4:21 And being fully persuaded, that what he had promised, he was able also to perform.

Numbers 23:19 God is not a man, that he should lie; neither the son of man, that he should repent; hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?

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**Vitamin E #4 = Exercise: Just as We Need Physical Exercise for Our Physical Bodies to be Healthy, We Need Spiritual Exercise to Keep our Spirits Healthy.**

Exercise tips = Work out by using your prayer tools. Stay on a daily prayer schedule, read God's word daily and fast often. Develop self-discipline by setting spiritual goals. Be diligent in keeping the commandments of God.

Hebrews 12:11 Now no chastening for the present seemeth to be joyous, but grievous; nevertheless, afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. 12:12 Wherefore lift up the hands which hang down, and strengthen the feeble knees; 12:13 And make straight paths for your feet.

D&C 58:6c For, behold, it is not meet that I should command in all things, for he that is compelled in all things, the same is a slothful and not a wise servant; wherefore he receiveth no reward. 58:6d Verily I say, Men should be anxiously engaged in a good cause, and do many things of their own free will, and bring to pass much righteousness; for the power is in them, wherein they are agents unto themselves. 58:6e And inasmuch as men do good, they shall in nowise lose their reward.

D&C 44:2a And it shall come to pass, that inasmuch as they are faithful, and exercise faith in me, I will pour out my Spirit upon them in the day that they assemble themselves together.

Alma 12:14-15 And it came to pass that they journeyed many days in the wilderness, and they fasted much, and prayed much, that the Lord would grant unto them a portion of his Spirit to go with them, and abide with them, 12:15 That they might be an instrument in the hands of God.

Alma 16:219-222 Yea, humble yourselves, and continue in prayer unto him; cry unto him when ye are in your fields; yea, over all your flocks; cry unto him in your houses, yea, over all your household, both morning, mid-day, and evening; yea, cry unto him against the power of your enemies; yea, cry unto him against the devil, who is an enemy to all righteousness. 16:220 Cry unto him over the crops of your fields, that ye may prosper in them: cry over the flocks of your fields, that they may increase. 16:221 But this is not all: ye must pour out your souls in your closets, and your secret places, and in your wilderness; 16:222 Yea, and when you do not cry unto the Lord, let your hearts be full, drawn out in prayer unto him continually for your welfare, and also for the welfare of those who are around you.

**Vitamin E #5 = Experience: As You Nourish Your Faith You Will Experience the Touch of the Master's Hand. As You Move Out In Faith to Faithfully Serve God You Will Have Experiences with God. (1)**

Acts 2:16-18 But this is that which was spoken by the prophet Joel; 2:17 And it shall come to pass in the last days, saith God, I will pour out of my Spirit upon all flesh; and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams; 2:18 And on my servants and on my handmaidens I will pour out in those days of my Spirit; and they shall prophesy;

Mark 16:16-19 And these signs shall follow them that believe; 16:17 In my name shall they cast out devils; they shall speak with new tongues; 16:18 They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; 16:19 They shall lay hands on the sick, and they shall recover.

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**Vitamin E #5 = Experience: As You Nourish Your Faith You Will Experience the Touch of the Master's Hand. As You Move Out In Faith to Faithfully Serve God You Will Have Experiences with God. (2)**

4 Nephi 1:6-7 And there were great and marvelous works wrought by the disciples of Jesus, insomuch that they did heal the sick, and raise the dead, and cause the lame to walk, and the blind to receive their sight, and the deaf to hear; 1:7 And all manner of miracles did they work among the children of men; and in nothing did they work miracles save it were in the name of Jesus.

Helaman 3:115-123 Blessed art thou, Nephi, for those things which thou hast done; for I have beheld how thou hast with unwearyingness declared the word which I have given unto thee, unto this people. 3:116 And thou hast not feared them, and hast not sought thine own life, but have sought my will, and to keep my commandments. 3:117 And now because thou hast done this with such unwearyingness, behold, I will bless thee for ever; and I will make thee mighty in word and in deed, in faith and in works; yea, even that all things shall be done unto thee according to thy word, for thou shalt not ask that which is contrary to my will. 3:118 Behold, thou art Nephi, and I am God. 3:119 Behold, I declare it unto thee in the presence of mine angels, that ye shall have power over this people, and shall smite the earth with famine, and with pestilence, and destruction, according to the wickedness of this people. 3:120 Behold, I give unto you power, that whatsoever ye shall seal on earth, shall be sealed in heaven; and whatsoever ye shall loose on earth shall be loosed in heaven; and thus shall ye have power among this people. 3:121 And thus, if ye shall say unto this temple, It shall be rent in twain, it shall be done. 3:122 And if ye shall say unto this mountain, Be thou cast down and become smooth, it shall be done. 3:123 And behold, if ye shall say, God shall smite this people, it shall come to pass.

John 14:12 Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.

14:13 And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.

**Vitamin E #6 = Expression: Find Ways to Express Your Thankfulness to God. Give Yourself in Service For the Lord Draws Near to All Who Serve Him. (1)**

D&C 4:1a-2b Now, behold, a marvelous work is about to come forth among the children of men, 4:1b therefore, O ye that embark in the service of God, see that ye serve him with all your heart, might, mind, and strength, that ye may stand blameless before God at the last day; 4:1c therefore, if ye have desires to serve God, ye are called to the work, for, behold, the field is white already to harvest, 4:1d and lo, he that thrusteth in his sickle with his might, the same layeth up in store that he perish not, but bringeth salvation to his soul; 4:1e and faith, hope, charity, and love, with an eye single to the glory of God, qualifies him for the work. 4:2a Remember, faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, diligence. 4:2b Ask and ye shall receive, knock and it shall be opened unto you. Amen.

D&C 17:6a And we know that all men must repent and believe on the name of Jesus Christ and worship the Father in his name, and endure in faith on his name to the end, or they cannot be saved in the kingdom of God. 17:6b And we know that justification through the grace of our Lord and Savior Jesus Christ, is just and true; 17:6c and we know, also, that sanctification through the grace of our Lord and Savior Jesus Christ, is just and true, to all those who love and serve God with all their mights, minds, and strength.

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**Vitamin E #6 = Expression: Find Ways to Express Your Thankfulness to God.**  
**Give Yourself in Service For the Lord Draws Near to All Who Serve Him. (2)**

D&C 42:8a If thou lovest me, thou shalt serve me and keep all my commandments.

Mark 10:45 For even the Son of Man came, not to be ministered unto, but to minister, and to give his life a ransom for many.

Matthew 20:26-28 But whosoever will be great among you, let him be your minister. 20:27 And whosoever will be chief among you, let him be your servant; 20:28 Even as the Son of Man came, not to be ministered unto, but to minister; and to give his life a ransom for many.

Philippians 2:3-5 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. 2:4 Look not every man on his own things, but every man also on the things of others. 2:5 Let this mind be in you, which was also in Christ Jesus;

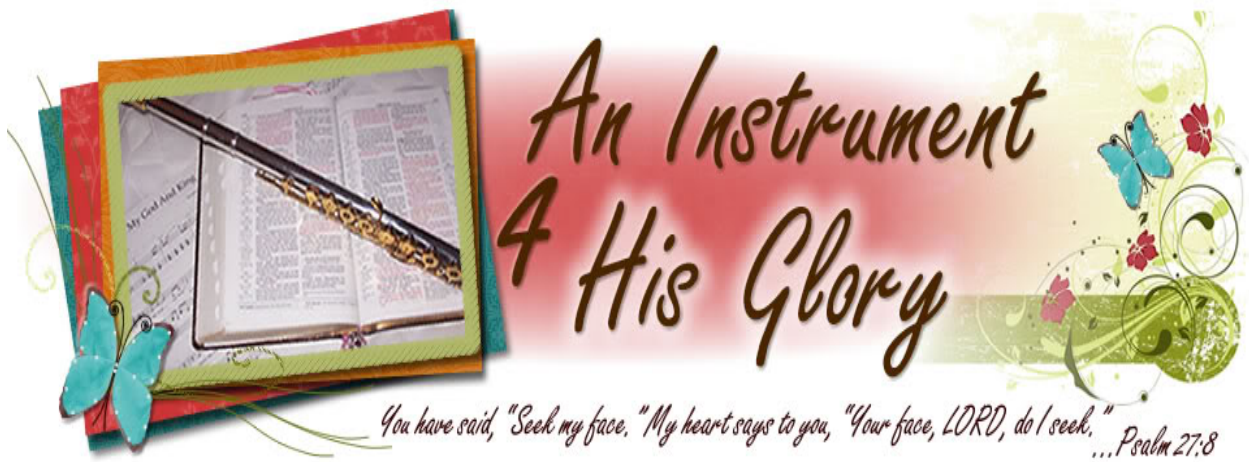
Mosiah 1:49 And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings, ye are only in the service of your God.





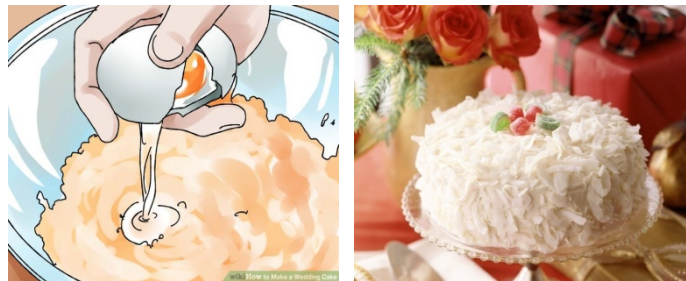
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**We Can Praise God Because All Things Work Together for Good**



**Alma 14:82** And this is the **blessing** which hath been bestowed upon us, that **we have been made instruments in the hands of God, to bring about this great work.**

**Romans 8:28** And we know that **all things work together for good to them that love God, to them who are the called according to his purpose**



Individually the ingredients in a cake may not taste good or be to our liking but the Master Chef has the ability to make of them something delicious and good.

**We see God turning something meant for evil into something good in the life of Joseph.**

**Gen. 50:17-20** So shall ye say unto Joseph, Forgive, I pray thee now, the trespass of thy brethren, and their sin; for they did unto thee evil; and now we pray thee, forgive the trespass of the servants of the God of thy father. And Joseph wept when they spake unto him. **50:18** And his brethren also went and fell down before his face; and they said, Behold, we be thy servants. **50:19** And Joseph said unto them, Fear not; for am I in the place of God? **50:20** **But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.**

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## **Attributes of God (1)**

### **Sunday = Praise God for His Holiness**

Holy, holy, are you Lord of Hosts. The whole earth is full of your glory.  
You are the high exalted one who lives forever. Your testimonies are fully confirmed and holiness  
benefits your house, O Lord forever more. You are light and in you is no darkness, nor variation.

Holy, holy, holy are you, Lord God Almighty, who was and who is and who is to come, who will not fear you, O Lord, and glorify your name? For you alone are holy. (From = **Isaiah 6:3, 57:15, Psalms 22:3, I John 1:5, James 1:17, Revelation 4:8, 15:4**)

### **Monday = Praise God for His Sovereignty**

You are God and there is no other. You are God and there is no one like you, declaring the end from the beginning. Your purposes will be established and you will accomplish all your good pleasure. Whatever you please, Lord, you do in heaven and in earth and in the seas and all the deeps. (From = **Isaiah 46:9-10, Psalms 135:6**)

The heavens will praise your wonders, O Lord, your faithfulness is also in the assembly of the holy ones. For who in the skies is comparable to you Lord? You are a God greatly to be feared in the council of the holy ones, and awesome above all those who are around you. O Lord God of Host, who is like you, O Mighty Lord? You worked all things after the counsel of your will. Everything you do will remain forever: there is nothing to add to it and there is nothing to take from it. (From = **Psalms 89:5-8, Ephesians 1:11, Ecclesiastes 3:14**)

### **Tuesday = Praise God for His Wisdom and Knowledge**

Oh the depth of the riches both of the wisdom and knowledge of God! How unsearchable are his judgments and unfathomable his ways! For who has known the mind of the Lord, or who became his counselor? (From = **Romans 11:33-34**)

O Gracious Lord, by wisdom you founded the earth, by understanding you established the heavens. We will lift up our eyes on high and see who has established the heavens. We will lift up our eyes on high and see who has created the stars, the one who leads forth their hosts by number and calls them all by names. Because of the greatness of your might and the strength of your power, not one of them is missing. You are the everlasting God, the Lord the creator of the ends of the earth who does not become weary or tired. Your understanding is inscrutable. (From = **Proverbs 3:19, Isaiah 40:26-28**)

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**Attributes of God (2)**

**Wednesday = Praise God for His Loving Kindness**

Your loving kindness endures all day long, O God. You love righteousness and justice, and the earth is full of your loving kindness. I will give thanks to you, you are good and ready to forgive and abundant in loving kindness to all who call upon you. (From = **Psalms 52:1, 51:1, 35:5, 136:1, 86:5**)

As high as the heavens are above the earth, O Lord, so great is your loving kindness towards those who fear you. Your loving kindness is from everlasting to everlasting on those who fear you, for you are gracious and merciful; slow to anger and great in loving kindness. (From = **Psalms 103:11, 17, 145: 8**)

Thy loving kindness, O Lord, extends to the heavens, thy faithfulness reaches to the skies. Thy righteousness is like the mountains of God; thy judgments are like the great deep. O Lord, thou preservest man and beast. How precious is thy loving kindness, O God! And the children of men take refuge in the shadow of thy wings. They drink their fill of abundance of thy house; and thou dost give them to drink of the river of thy delights. For with thee is the fountain of life; in thy light we see light.  
(From = **Psalms 36:5-9**)

**Thursday = Praise God for His Power**

Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, indeed everything that is in heaven and the earth. Yours is the dominion, O Lord, and you exalt yourself as head over all. Both riches and honor come from you, and you rule over all, and in your hand is power and might: and it lies in your hand to make great and to strengthen everyone. Now therefore, our God, we thank you and praise your glorious name. The Lord is slow to anger and great is his power.  
(From = **I Chronicles 29:11-13, Nahum 1:3**)

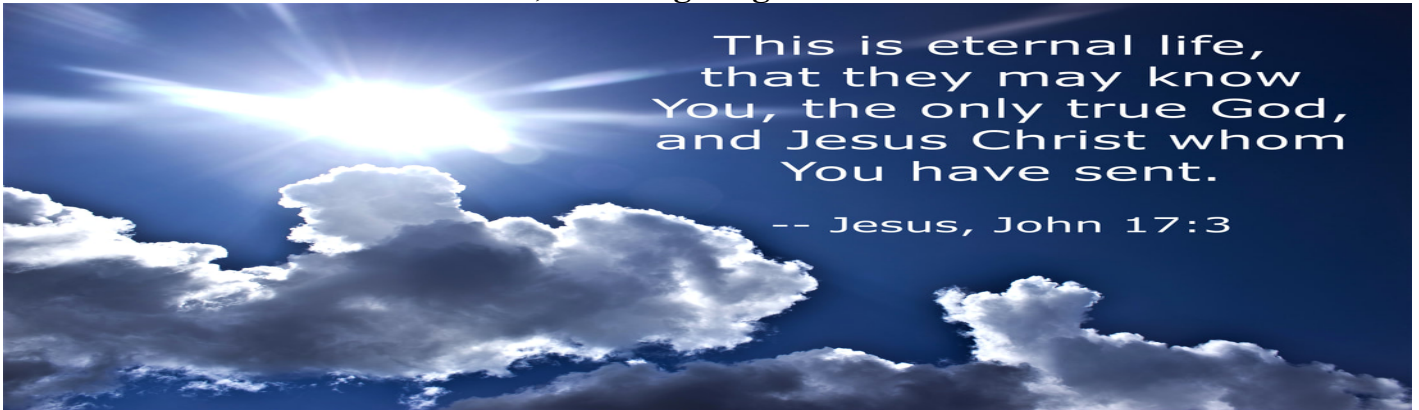
You ask, “Where were you when I laid the foundation of the earth? Tell me, if you have understanding.” By your word, O Lord, the heavens were made and the breath of your mouth all their hosts. You uphold all things by the word of your power. You are the Mighty One, O God; you have spoken, and summoned the earth from the rising of the sun to its setting. Who is like you, majestic in holiness, awesome in praise, working wonders? (From = **Job 38:4, Psalms 33:6, Hebrews 1, Psalm 50:1, Exodus 15:11**)

**Friday = Praise God for His Righteousness**

Your throne, O God is forever and ever; a scepter of righteousness is the scepter of your kingdom. You will judge the world in righteousness and the peoples in your faithfulness. Your righteousness endureth forever. It is everlasting. Your law is truth. Let my tongue sing of your word, for all your testimonies and commandments are righteous forever. (From = **Psalms 45:6, 96:13, 111:3, 119:142-144, 172**)

You are the Holy God who shows himself holy in righteousness. Only in you, Lord, are righteousness and strength. Your righteousness is near and shall not wane. O God, who is like you? Righteousness and justice are the foundation of your throne and loving kindness and truth go before all nations. Men shall eagerly utter memory of your abundant goodness, and shall shout joyfully of your righteousness.  
(From = **Isaiah 5:1, 45:24, 51:5-6, Psalms 71:19, 89:14, 85:11, 145:7**)

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**Attributes of God (3)**

**Saturday = Experiment and Write Your Own Praise to God HERE:**

**Jeremiah 9:23-24**

*23 Thus says the LORD, "Let not a wise man boast of his wisdom, and let not the mighty man boast of his might, let not a rich man boast of his riches; 24 but let him who boasts boast of this, that he understands and knows Me, that I am the LORD who exercises lovingkindness, justice and righteousness on earth; for I delight in these things," declares the LORD.*

## **April 2020, Lesson #6**

### **Praise, Thanksgiving and Faith**

#### **Faith**

Mark 11:24-26 And Jesus spake unto him, Have faith in God For verily I say unto you, that whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea, and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith fulfilled. Therefore I say unto you, whatsoever things ye desire, when ye pray, believe that ye receive and ye shall have whatsoever ye ask.

#### **Nourish Your Faith**

Alma 16:163-169 And now behold, after ye have tasted this light, is your knowledge perfect? Behold, I say unto you, Nay; neither must ye lay aside your faith, for ye have only exercised your faith to plant the seed, that ye might try the experiment, to know if the seed was good. 16:164 And behold, as the tree beginneth to grow, ye will say, let us nourish it with great care, that it may get root, that it may grow up and bring forth fruit unto us. 16:165 And now behold, if ye nourish it with much care, it will get root, and grow up, and bring forth fruit. 16:166 But if ye neglect the tree, and take no thought for its nourishment, behold, it will not get any root; and when the heat of the sun cometh and scorcheth it, because it hath no root, it withers away, and ye pluck it up and cast it out. 16:167 Now this is not because the seed was not good, neither is it because the fruit thereof would not be desirable. 16:168 But it is because your ground is barren, and ye will not nourish the tree; therefore ye cannot have the fruit thereof. 16:169 And thus it is if ye will not nourish the word.

#### **Two Parts of Faith**

Heb.11:6 But without faith it is impossible to please him; for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

Heb.11:7 By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house.

1. Faith is a Believing Word = Heb.11:1 and 6
2. Faith is an Action Word = Heb 11: 7-8

Our works, our actions prove or validate our faith.

James 2:17 Faith if it have not works is dead, being alone.

Faith is responsiveness to God. Faith is obedience to God. Joshua 3:13 “set foot in the Jordan.”



## **April 2020, Lesson #6 Praise, Thanksgiving and Faith**

### **Three Levels of Faith**

1. The first = a sign, feeling, = Gideon's fleece = Judges 6:36-40
2. Trusting God even when we see no sign. Elijah and the rain = I Kings 18:42-44, In James 5:17 when speaking of Elijah the word earnestly (means in the Greek) "He prayed in prayer or He kept on praying."
3. This level goes beyond the other two. It is believing, even when all the circumstances point to the contrary. Paul experienced this level in Acts 27:14-44.

Habakkuk 3:17-19 Although the fig tree shall not blossom, neither shall fruit be in the vines; the labor of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls; 3:18 Yet I will rejoice in the Lord, I will joy in the God of my salvation. 3:19 The Lord God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places.

### **Look Forward with an Eye of Faith**

Alma 3:31-32 Do you look forward with an eye of faith, and view this mortal body raised in immortality, and this corruption raised in incorruption, to stand before God, to be judged according to the deeds which have been done in the mortal body? 3:32 I say unto you, Can you imagine to yourselves that ye hear the voice of the Lord, saying unto you, in that day, Come unto me ye blessed, for behold, your works have been the works of righteousness upon the face of the earth?

Alma 16:169 And thus it is if ye will not nourish the word, looking forward with an eye of faith to the fruit thereof, ye can never pluck of the fruit of the tree of life.

Ether 5:19 And there were many whose faith was so exceeding strong even before Christ came, who could not be kept from within the vail, but truly saw with their eyes the things which they had beheld with an eye of faith, and they were glad.

### **Hope Cometh of Faith and Maketh an Anchor to our Souls (1)**

Ether 5:3-7 By faith all things are fulfilled; 5:4 Wherefore, whoso believeth in God, might with surety hope for a better world, yea, even a place at the right hand of God, which hope cometh of faith, maketh an anchor to the souls of men, which would make them sure and steadfast, always abounding in good works, being led to glorify God. 5:5 And it came to pass that Ether did prophesy great and marvelous things unto the people, which they did not believe, because they saw them not. 5:6 And now I, Moroni, would speak somewhat concerning these things; I would shew unto the world that faith is things which are hoped for and not seen; 5:7 Wherefore, dispute not because ye see not, for ye receive no witness until after the trial of your faith.

Moroni 7:48 Wherefore, if a man have faith, he must needs have hope; for without faith there cannot be any hope. 7:49 And again, behold I say unto you, that he cannot have faith and hope, save he shall be meek and lowly of heart; if so, his faith and hope are vain, for none is acceptable before God, save the meek and lowly of heart.

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**Hope Cometh of Faith and Maketh an Anchor to our Souls (2)**

Moroni 10:15 Wherefore, there must be faith; and if there must be faith, there must also be hope; and if there must be hope, there must also be charity; and except ye have charity, ye can in no wise be saved in the kingdom of God; 10:16 Neither can ye be saved in the kingdom of God, if ye have not faith; neither can ye if ye have no hope; and if ye have no hope, ye must needs be in despair; and despair cometh because of iniquity.

Moroni 8:29 Because of meekness and lowliness of heart, cometh the visitation of the Holy Ghost, which Comforter filleth with hope and perfect love, which love endureth by diligence unto prayer, until the end shall come, when all the saints shall dwell with God.

Alma 16:143 And now as I said concerning faith: Faith, is not to have a perfect knowledge of things; therefore if ye have faith, ye hope for things which are not seen, which are true.

**Alive in Christ Because of our Faith**

II Nephi 11:46 Wherefore, the law hath become dead unto us, and we are made alive in Christ, because of our faith.

Romans 6:11 Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

**Power of Faith**

Jacob 3:7 Wherefore, we search the prophets; and we have many revelations, and the spirit of prophecy, and having all these witnesses, we obtain a hope, and our faith becometh unshaken, insomuch that we truly can command in the name of Jesus, and the very trees obey us, or the mountains, or the waves of the sea.

Ether 5:18 And neither at any time hath any wrought miracles until after their faith; wherefore they first believed in the Son of God.

Moroni 7:41 Behold I say to you, Nay, for it is by faith that miracles are wrought; and it is by faith that angels appear and minister unto men.

Isaiah 29:25 For behold, I am God; and I am a God of miracles; and I will show unto the world that I am the same yesterday, today, and forever; and I work not among the children of men, save it be according to their faith.

Acts 6:8 And Stephen, full of faith and power, did great wonders and miracles among the people.



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**Faith Needed to Assist in the Work**

D&C 11:4b And no one can assist in this work, except he shall be humble and full of love, having faith, hope, and charity, being temperate in all things whatsoever shall be intrusted to his care.

D&C 16:4d And if you have not faith, hope, and charity, you can do nothing.

**Be Faithful, Praying Always**

Alma 14:103 Yea, he that repenteth and exerciseth faith, and bringeth forth good works, and prayeth continually without ceasing; unto such it is given to know the mysteries of God; yea, unto such it shall be given to reveal things which never have been revealed.

D&C 25:1b And all things shall be done by common consent in the church, by much prayer and faith; for all things you shall receive by faith. Amen.

D&C 28:2c And as it is written, Whatsoever ye shall ask in faith, being united in prayer according to my command, ye shall receive; and ye are called to bring to pass the gathering of mine elect, for mine elect hear my voice and harden not their hearts.

D&C 32:3e Wherefore, be faithful, praying always, having your lamps trimmed and burning, and oil with you, that you may be ready at the coming of the Bridegroom; for, behold, verily, verily I say unto you, that I come quickly; even so. Amen.

D&C 41:1b Hearken, O ye elders of my church whom I have called; behold, I give unto you a commandment, that ye shall assemble yourselves together to agree upon my word, and by the prayer of your faith ye shall receive my law, that ye may know how to govern my church, and have all things right before me.

Mosiah 11:169 Therefore for this purpose have I come to convince thee of the power and authority of God, that the prayers of his servants might be answered according to their faith.

D&C 101:13b Behold, it is my will that you should pay all your debts; and it is my will that you should humble yourselves before me, and obtain this blessing by your diligence and humility, and the prayer of faith;

D&C 101:13c and inasmuch as you are diligent and humble, and exercise the prayer of faith, behold, I will soften the hearts of those to whom you are in debt, until I shall send means unto you for your DELIVERANCE.

D&C 140:1b If those of the priesthood will perform their responsibilities in good fellowship, and sustain each other, they will be supported by the faith and prayers of the church and the work will go forward with increasing power.

**Lectures on Faith by Joseph Smith**

Heb.11:32-35 Faith, then, is the first governing principle which has power, dominion, and authority over all things; by it they exist, by it they are upheld, by it they are changed, or by it they remain, agreeable to the will of God. Without it there is not power, and without power there is no creation, nor existence.

In Lecture #1, Joseph develops the concept that faith is more than belief, but the principle of action and power.

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**Study Scriptures for Consideration**

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just; whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Dan.11:32 The people who know their God shall be strong and do great things.

II Chronicles 5:13-14 It came even to pass, as the trumpeters and singers were as one, to make one sound to be heard in praising and thanking the Lord; and when they lifted up their voice with the trumpets and cymbals and instruments of music, and praised the Lord, saying, For he is good; for his mercy endureth forever; that then the house was filled with a cloud, even the house of the Lord; 5:14 So that the priests could not stand to minister by reason of the cloud; for the glory of the Lord had filled the house of God. Also read II Chronicles 7:3

Alma 14:91-92 But Ammon said unto him, I do not boast in my own strength, or in my own wisdom; but behold, my joy is full, yea, my heart is brim with joy, and I will rejoice in my God; 14:92 Yea, I know that I am nothing; as to my strength, I am weak; therefore I will not boast of myself, but I will boast of my God; for in his strength I can do all things; yea, behold, many mighty miracles we have wrought in this land, for which we will praise his name forever.

Luke 17:12-18 And as he entered into a certain village, there met him ten men who were lepers, who stood afar off; 17:13 And they lifted up their voices, and said, Jesus, Master, have mercy on us. 17:14 And he said unto them, Go show yourselves unto the priest. And it came to pass, as they went, they were cleansed. 17:15 One of them, when he saw he was healed, turned back, and with a loud voice glorified God, 17:16 And fell down on his face at Jesus' feet, giving him thanks; and he was a Samaritan. 17:17 And Jesus answering, said, Were there not ten cleansed? But where are the nine? 17:18 There are not found that returned to give glory to God, save this stranger.

2 Corinthians 9:15 Thanks be unto God for his unspeakable gift.

I Chronicles 16:8-29 Give thanks unto the Lord, call upon his name, make known his deeds among the people. 16:9 Sing unto him, sing psalms unto him, talk ye of all his wondrous works. 16:10 Glory ye in his holy name; let the heart of them rejoice that seek the Lord. 16:11 Seek the Lord and his strength, seek his face continually. 16:12 Remember his marvelous works that he hath done.... 16:29 Give unto the Lord the glory due unto his name; bring an offering and come before him; worship the Lord in the beauty of holiness.

Isaiah 51:3 For the Lord shall comfort Zion; he will comfort all her waste places; and he will make her wilderness like Eden, and her desert like the garden of the Lord; joy and gladness shall be found therein, thanksgiving, and the voice of melody.

For your consideration on the Faith section of this lesson please read: The 11<sup>th</sup> Chapter of Hebrews on faith and also read the scriptures from your handout entitled "Faith" Also read Alma 16:164-173

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**Questions for Your Consideration**

1. What instruction do we find in Philippians to assist us in praising God? How can you put this into practice in your daily life?
2. How does knowing the attributes of God correlate to what Daniel is saying in Dan. 11:32?
3. How does what Ammon says, in Alma 14:91, correlate with praise and humility?
4. How does this scripture stimulate and direct your thinking about giving thanks to God?
5. In II Cor. 9:15, what is this unspeakable gift and why should you be thankful for it? Make a list of reasons you are thankful for this gift.
6. In this scripture from I Chronicles 16: 8-29, David brought the ark back and there was much rejoicing and praising God. What can we learn from this scripture? How can you give the Lord the glory He is due in your own life?
7. In Isaiah 51:3, what is found in Zion? In what ways does this stimulate your desire to be a part of Zion?
8. In reading Hebrews 11<sup>th</sup> chapter, what are the two parts of faith? How did Noah act out his faith?
9. On the handout entitled Faith what are the 3 levels of faith listed there?
10. From the Faith handout what does Ether 5:3 say is an anchor to your soul? According to Alma 16 how can you grow your faith?
11. In Ether 5:18 and Moroni 7:41, by what power does it say that miracles happen?