

Praying with thanks in our hearts is how we respond to the love of God.

It's about turning our hearts to the source of light and hope and saying thank you!

Thank you that I am loved. Perhaps thank you for good things that have happened in life.

Perhaps, thank you simply that I have life.

But it's also a way to 'reset' when we've got ourselves into a negative spiral.

Or a way of helping us remember that even in the darkest times Jesus is still with us.

In this session we'll explore saying thank you to God in prayer – and that changes and deepens our relationship with Him and with those around us.

You can find the full series of Exploring Prayer [here](#).

Blessings,

++Justin

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