

**Aim:****Refer:****Resources:** Pictures of Pilgrims Progress are available here: <http://www.bunyanministries.org/>

There are lots of verses in the Bible about being thankful.

**1 Thessalonians 5:16-18****Philippians 4:6-7**

Pastor Glenn Coon shares a special program of thankfulness. And he says, no matter what problems you have, whether it's sickness or disability, or problems with family or friends, or something you want to change about yourself, or anything else, following this program will be beneficial (or good) for you. That doesn't mean we will never have to go to a doctor or take medicine – but nurses will tell you that the patients who are cheerful, get better much quicker than those who are grumpy.

To do this, you take a small card (or even a sticky note), and you write down 10 things you can be thankful for.

Then as you go through the day you practice saying, "Thankyou God for \_\_\_\_\_" each of those things.

The next day add 10 more and tell God thankyou for all of them.

Do this for 10 days.

Glenn Coon tells the story of a woman who had been in an accident and had never fully recovered. She had been to doctors and psychologists and in the end they told her they couldn't do anything for her and her doctor suggested she talk to a Pastor. Within a short time of following this program she was fully recovered and her doctor was amazed.

Glenn Coon used to travel around the USA and even came to Australia a couple of times to do seminars in churches, and he would share this program and the stories of people who had had their problems solved by it, but the sad thing he said, was that so many times someone would come up to his team later requesting prayer for some problem and he would ask, "Have you started the program we talked about in the seminar?" and so often, they would say, "No – was that program for me?" And Glenn Coon would say, "Yes, that program will help you."

**Challenge: Do this this week.**

Hand out sticky notes or a coloured piece of paper and write 10 things to be thankful for on them. See if you can add 10 more things each day, and practice every day telling God thankyou for each of those things.

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In Pilgrims Progress, Christian and Hopeful came to a delicate plain, called Ease, where they went with much content; but they were quickly over it.

At the further side of that plain, was a little Hill called Lucre and in that hill a silver-mine, which in the past some had turned aside to see. But the ground around it was deceitful and some going too near the edge had fallen.

Then I saw in my dream, that a little off the road, over against the silver mine, stood Demas to call to passengers to come and see. He said to Christian and Hopeful, "Ho! Turn aside and I will show you a thing."

*If you look it up in the dictionary, lucre means money or profits. Have you ever heard of Demas? Read about him in Colossians 4:14 and then 2 Timothy 4:9, 10.*

"What thing so deserving as to turn us out of the way to see it," Asked Christian?

"Here is a silver mine, and some digging in it for treasure. If you will come, with a little effort you may richly provide for yourselves," replied Demas.

"Let us go see," said Hopeful.

But Christian said, "Not I. I have heard of this place and how many have here been slain and besides that, treasure is a snare to those that seek it, for it hinders them in their pilgrimage."

Then Christian called to Demas, saying, "Is not the place dangerous? Has it not stopped many in their pilgrimage?"

"Not very dangerous," replied Demas, "Except to those that are careless."

Then said Christian to Hopeful, "Let us keep on our way."

Hopeful agreed and added, "I will warrant you, when By-ends comes up, if he has the same invitation as we, he will turn in thither to see."

Christian agreed. Then Demas called again, "Will you not come over and see? Stay a little and then I will walk with you."

Then said Christian, "What is thy name? Is it not Demas?"

"Yes, my name is Demas; I am the son of Abraham."

Christian replied, "I know you. Gehazi was your great-grandfather and Judas your father and you follow their ways. Your father was hanged for a traitor, and you deserve no better reward. When we come to the King, we will tell Him of your behaviour."

Thus, they went their way.

*Do you know who Gehazi was? Gehazi was the servant of Elisha who lied to Naaman because he wanted the gifts he had brought. (2 Kings 5:26, 27)*

*Who was Judas and what did he do? (One of Jesus disciples who betrayed Him.)*

By this time, By-ends and his companions were come again within sight and they, at the first beckoning, went over to Demas. Now, whether they fell into the pit, whether they went down to dig or whether they were smothered in the bottom, of these things I am not certain; but this I observed, that they never were seen again in the way.

Now I saw that just on the other side of this plain, the Pilgrims came to a place where stood an old monument hard by the highway. At the sight of which they were both concerned, because of the strangeness of the form, for it seemed to them as if it had been a woman. Here they stood looking and looking, but could not for a time tell what they should make of it. At last Hopeful spied written above the head, a writing. He called to Christian to see if he could pick out the meaning and after a little laying of letters together, he found it to be this, "Remember Lot's wife."

Then they both concluded that that was the pillar of salt into which Lot's wife was turned, for her looking back with a covetous heart when she was going from Sodom for safety.

***Do you know the story of Lot's wife? If not, summarise it, it is found in Genesis 19***

"Ah, my brother," said Christian! "How timely, after the invitation which Demas gave us to come over to view the Hill Lucre and had we gone over as he desired us, my brother, we may have been made like this woman, a sight for those that follow to see."

"I am sorry that I was so foolish," said Hopeful. "I wonder that I am not now as Lot's wife; for how was my sin different? She only looked back, and I had a desire to go see. I am ashamed, that ever such a thing should be in mine heart."

Christian said, "Let us take notice of what we see here, to help us in future. This woman escaped one judgment, for she fell not by the destruction of Sodom, yet she was destroyed by another."

"True," said Hopeful, "And she may be to us both caution and example. Caution, that we avoid her sin, and an example of what judgment will overtake those who do not. Like Korah, Dathan, and Abiram that perished in their sin, did also become a sign or example to others to beware."

"But above all, I wonder at one thing: how can Demas and his fellows stand so confidently yonder to look for that treasure, which this woman, but for looking behind her was turned into a pillar of salt. Especially since she is within sight of them."

Christian said, "It is a thing to be wondered at and it suggests that their hearts have grown desperate. I cannot tell who to compare them to so fitly. They are like thieves who steal in the presence of the judge, or under the gallows."

"It is said of the men of Sodom that they were sinners exceedingly. The land of Sodom was like the Garden of Eden yet despite this reminder they chose the sinful way. So it is most rationally to be concluded, that they were such as these are, those who sin despite the examples that are set continually before them, to caution them; so they must be partakers of severest judgments."

Hopeful replied, "Doubtless you have said the truth; but what a mercy is it, that I am not made myself this example! Let us thank God."

Then they went on their way to a pleasant river which David the king called, "The river of God," and John called, "The river of the water of life."

Now their way lay just upon the bank of the river. Here therefore, Christian and his companion walked with great delight. They drank the water of the river, which was pleasant and enlivening to their weary spirits. On the banks of this river, on either side, were green trees that bore all manner of fruit and the leaves of the trees were good for medicine and with the fruit of these trees they were also much delighted. On either side of the river was also a meadow beautified with lilies and green all the year long. In this meadow they lay down and slept, for here they might lie down safely. Here they stayed several days and nights.