

GRATEFUL LIVING WEEKLY CALENDAR

WEEK # 2

DATES: NOV 7 - NOV 13

SUNDAY

SCRIPTURE
COLOSSIANS
3:23

CHALLENGE

Sometimes we become overwhelmed or annoyed by everyday stresses and menial tasks on an unending to-do list. Today reframe that frustration--instead of thinking "I HAVE to do X," think "I GET to do X." Thank God for the opportunities and the blessings instead of lamenting the obligations and frustrations. Instead of dreading that mountain of dishes in the sink, joyfully appreciate that you get to enjoy dinner with your family and have enough food to eat. If sitting in traffic during your commute, if you feel the stress rising, take the time to talk to God alone and thank him that you have a job that provides. I guarantee you will feel more peace and happiness instantly.

MONDAY

SCRIPTURE
MATTHEW 11:28
CHALLENGE

Life is stressful! Make note of your everyday stresses and then bring them to the feet of God through prayer. Here is a prayer to get you started: Dear Heavenly Father, My body and mind are filled with turmoil. I'm worried about situations that I can't control. I'm concerned about my family and friends, I worry that the world is falling apart, and that there are people who don't know You. From X to Y, and Z (XYZ = your stresses), I am filled with stress. Release me from these worries. Remind me of Your love. Cover me with Your peace and calm. Allow my body and mind to find rest with You. Thank You for always listening and hearing prayers. I pray for inner peace and calm for every person. In the name of Your Son, Amen.

TUESDAY

SCRIPTURE
PSALM 139:7-12

CHALLENGE

Practice gratitude for companionship: What a beautiful gift! The gift of a companionship that we can never outrun. God accompanies us to the highest mountaintop and into the depths of our deepest and darkest despair. Though we sometimes don't recognize His presence, we are literally never, ever alone. Practice thanks for his non-extinguishable light in your life by being a light to others. Ask God if there are any lonely souls in your circle who need your outreach and connection today.

WEDNESDAY

SCRIPTURE
1 KINGS 19:11-12
CHALLENGE

Practice gratitude for gentle guidance and nature: If we listen when God whispers, then we don't have to hear Him scream. How many times have you said something similar to your child? "I didn't want to yell! But, you weren't listening..." God is our father; let's listen. Today, practice gratitude by going on an intentional and prayerful nature walk, where you can escape the noise of your daily life and physically appreciate God's creation. Don't double task and make it your exercise for the day. Set aside this special time to walk in nature, where silence tends to reign. Sure, you may hear some background noises, but for the most part, it's just you and Him. And, when you look up into the clouds or hear the wind gently rustling through the leaves, recognize the One who made them and tune into what He might be saying.

THURSDAY

SCRIPTURE
PHILIPPIANS
4:12-13

CHALLENGE

Think back to a time in your life when you experienced hardship of resources—who helped you through that time? Give thanks for the food on your table and the clothes you are wearing.

FRIDAY

SCRIPTURE
LUKE 22:19

CHALLENGE

Jesus is the "he" in this verse, and this happened hours before he was arrested. Despite knowing what was coming, he still went out of his way to give thanks for the little things. Like bread. Go out of your way today to notice 5 little things that you might take for granted that you are grateful for, and give thanks.

SATURDAY

SCRIPTURE
1 THESSALONIANS
5:15-18

CHALLENGE

If you were to ask Paul what it means to live life, Paul would say. . .

- Don't repay evil for evil
- Seek to do good to everyone
- Always rejoice
- Pray without ceasing
- Give thanks in all circumstances

Take a few moments to reflect on these markers for living life according to Paul. How are you doing with this list?