



# GRATEFUL LIVING WEEKLY CALENDAR

WEEK # 4

DATES: NOV 21 - NOV 27

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>SCRIPTURE</div> <div>PSALM 139:23-24</div> <div>CHALLENGE</div> <div>Practice gratitude for mercy: God always has the keys to our hearts and minds, but sometimes we try to change the locks. We don't always want to hear what He has to say; we don't want to hear that we have an "offensive way in us," that we hurt our neighbor or our friend or that stranger we hardly know. When we recognize His presence within us, do we treat Him as an unwanted intruder, or welcome Him as the rightful owner and Creator that He is? He knows us better than we know ourselves, and He loves us ALWAYS, offensive or not. Today, practice gratitude for God's grace and mercy - not only by recognizing your need for it, but also by accepting it and passing it forward to others. Ask God if there is anyone in your life that needs your forgiveness.</div>	<div>SCRIPTURE</div> <div>EPHESIANS 1:15-16</div> <div>CHALLENGE</div> <div>Think of a loved one today that is no longer living. What made them special and how did they change your life for the better? Pray and give thanks to God for that special loved one and let God know you miss them.</div>	<div>SCRIPTURE</div> <div>PHILIPPIANS 4:8-9</div> <div>CHALLENGE</div> <div>Practice gratitude for "good things": Before you go to bed this evening, place these verses on your bedside table. Before you rise out of bed tomorrow, read the words. Close your eyes, and ask God to show you the true, noble, right, pure, lovely, admirable, and/or excellent things in your life. Give Him time, and as your mind settles on the praiseworthy relationships and happenings in your life, say "thank you, Jesus" for each one. Remain and continue as long as you feel like you should. When you encounter difficulties throughout the day, circle back to these images and repeat, thanking God for his omnipresence and peace each time.</div>	<div>SCRIPTURE</div> <div>DEUTERONOMY 26:11</div> <div>CHALLENGE</div> <div>In the book of Deuteronomy Moses lays out for the Israelites how they should live their lives for god now that they had escaped Egyptian rule and found their promised land. One of the practices he discusses are first fruits, which were an offerings brought the first sign of crops to be shared with the community and the less fortunate. Often we turn to god when we are down or in trouble. It's important to remember to be thankful for god and all he provides when times are good and life is abundant as well. Take a moment to consider what you have an abundance of, pray a prayer of thanks to god for it, and consider how you can share that with your own community and those in need.</div>	<div>SCRIPTURE</div> <div>2 CORINTHIANS 12:9</div> <div>CHALLENGE</div> <div>Practice gratitude for personal weakness: Though relinquishing our egos is one of our most difficult tasks as followers of Christ, we have Paul's wonderful reminder here - that our human weakness only makes us stronger as we are forced to rely on Jesus. Sit quietly and recall a time where you felt weak and encountered hardship, maybe it's even happening right now; ask God to illuminate where His presence was in that situation. Be patient. Make space for Him to show you how He strengthened you then, and how He will strengthen you now and in the future when you call on Him. Thank Him for your weakness and for the power He so readily offers and shares with you today and everyday.</div>	<div>SCRIPTURE</div> <div>PSALM 7:17</div> <div>CHALLENGE</div> <div>Show your thankfulness to God by singing a favorite hymn in praise to God. Turn up the music loud and sing to the top of your lungs. How Great Thou Art would be a great choice.</div>	<div>SCRIPTURE</div> <div>MATTHEW 14:16-21</div> <div>CHALLENGE</div> <div>Practice gratitude for sustenance: Though our ultimate nourishment comes from Jesus, in the nourishment of our souls as we feed on Him as the bread of life, the provisions we are given in the form of food and drink are not to be forgotten. Food and water are necessary for healthy bodies and minds, and God provides. He also provides our coffees and lattes, our brownies and birthday cakes, and our hot lunches and family dinners. Each provision is a gift, and He calls us to remember and provide for those who aren't as fortunate. Today, give thanks for every bite or sip that approaches your lips, and ask God to whom you need to be offering your daily bread.</div>