

October

Gratitude Calendar

Week 1: Hesus in Relationships

Wednesday, October 1

Start a thanksgiving list. Start with writing 3 people you are grateful for and why.

Thursday, October 2

Read the first chapter of Ruth. Reflect on the relationship between these 2 women.

Friday, October 3

Do one quiet kindness without recognition.

Saturday, October 4

Who has shown you kindness recently? Consider writing them a note or sending a text.

Sunday, October 5

Pray thanks for family members (even the hard relationships).

Monday, October 6

Compliment someone today who it'd be easier not to.

Tuesday, October 7

Choose to smile and say hello to as many people as you can today.



The Holding Space
*Gratitude deepens when we
see God's love reflected in others.*