

NOVEMBER 2017 GRATITUDE CHALLENGE

1. Write five things, God has done for you. You can go as far back as you remember	2. Write three things you are grateful for about you.		3. Write three things from which the Lord has delivered you	4. Offer someone a sincere compliment
	5. Old and new friends			
6. Go for a walk in nature and write a few things you saw along the way	7. Home (think of ways to make it homier)	8. Children, nieces, nephews, grand children (especially children, without which there would be no grandchildren)	9. Family (husband/wife, mom, dad, sisters and brothers)	
			12. Help someone in need today	13. Send a text or email to two people, telling them you are thinking about them
10. Food (especially your favorites)	11. Remember something someone did for you			
14. Do something good for a family member	15. Encourage someone to be or continue to be faithful to the work they have been called to do	16. Quiet time with the Lord & Silence	17. Pastor(s); their faithfulness and time consuming work	
			20. Give someone a gift just because (does not have to be expensive)	21. Cheer someone else's success
18. Write your favorite verse		19. Freedom including religious freedom		
22. Mistakes that have grown you	23. Something that made you laugh or smile today			
		24. Technology (which makes communication easier)	25. Call & listen or sit & listen to someone older	
26. Transportation			28. Work or school (Remember ministry takes place there too)	29. Sunsets or sunrise and rainbows
		27. Favorite book & the ability to learn		