

# November Outreach

## Gratitude Challenge

### Week 1: Gratitude for God's Creation

Focus: Appreciating the beauty and blessings of the world around us.

- Day 1: Start the day by thanking God for the sunrise or the beauty of nature around you. Take a walk or spend time outside in reflection.
  - **Day 2:** Write a prayer of gratitude for one aspect of creation that inspires you, whether it's the ocean, the mountains, or a simple flower.
  - **Day 3:** Take a picture of something in nature that makes you feel thankful, and share it with the church on social media or during fellowship.
  - **Day 4:** Practice mindful eating by thanking God for each bite of food, recognizing where it comes from, and those who helped provide it.
  - **Day 5:** Thank God for the changing seasons and reflect on how each season reminds us of God's faithfulness and provision.
  - **Day 6: Spend time caring for creation—plant something, pick up litter, or find another way to nurture the environment.**
  - **Day 7:** Reflect on Psalm 19:1: "The heavens declare the glory of God; the skies proclaim the work of His hands." Write down what this verse stirs in your heart.
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### Week 2: Gratitude for Relationships

Focus: Acknowledging the people in our lives who bring us joy and support.

- **Day 8:** Send a note or text of appreciation to someone in your church who has impacted your faith.
  - **Day 9:** Pray for three people who have encouraged or supported you this year.
  - **Day 10:** Call or visit a family member you haven't spoken to in a while, just to express your gratitude for them.
  - **Day 11:** Write down three qualities you're thankful for in a close friend, and share them with that person.
  - **Day 12:** Reflect on the relationships you have within your church family and thank God for the community.
  - **Day 13: Reach out to someone who may feel lonely or disconnected and invite them for coffee, lunch, or prayer.**
  - **Day 14:** Read Ephesians 1:16: "I have not stopped giving thanks for you, remembering you in my prayers." Spend time in prayer for the relationships in your life
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### Week 3: Gratitude for God's Provision

**Focus:** Recognizing God's faithful provision in daily life.

- **Day 15:** List five ways God has provided for you in the last month. Pray over the list with a thankful heart.
  - **Day 16: Donate food or resources to someone in need, as an act of gratitude for God's provision.**
  - **Day 17:** Thank God for the ability to work or volunteer, and reflect on how God has provided opportunities to serve.
  - **Day 18:** Take a moment to express gratitude for a difficult situation that God has helped you through, even if it's not fully resolved.
  - **Day 19:** Reflect on the blessings of your home. Pray for those without shelter, and consider a donation to a local shelter or ministry.
  - **Day 20:** Fast from a meal or activity today and use the time to reflect on how God meets your needs.
  - **Day 21:** Read Philippians 4:19: "And my God will meet all your needs according to the riches of his glory in Christ Jesus." Meditate on this promise.
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### Week 4: Gratitude in All Circumstances

**Focus:** Developing a heart of gratitude, even in tough times.

- **Day 22:** Think of a current challenge you're facing. Thank God for being with you in the midst of it and ask for God's peace.
  - **Day 23:** Reflect on a time when something went wrong but later turned out to be a blessing in disguise. Share that story with someone.
  - **Day 24:** Write a prayer of gratitude for one difficult lesson God has taught you this year.
  - **Day 25:** Take five minutes of silence to thank God for God's presence, no matter what you're going through.
  - **Day 26: Reach out to someone who is going through a tough time and let them know you're praying for them.**
  - **Day 27:** Find a hymn or worship song about gratitude and play it while meditating on the lyrics.
  - **Day 28:** Read 1 Thessalonians 5:18: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." Journal about how you can live this out.
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### Week 5: Gratitude for God's Faithfulness

**Focus:** Thanking God for unchanging love and faithfulness.

- **Day 29:** Spend time in worship, specifically thanking God for God's faithfulness and promises in your life.
- **Day 30:** Write a letter to God, expressing your gratitude for who God is, God's faithfulness, and God's presence in your life. Keep it as a reminder for the future.