

Daily Gratitude Calendar

Lent 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			Notice the color purple today (the color for Lent) ~ be grateful for this season of reflection	Create a Giving Jar ~ place it somewhere you will see it daily ~ commit to adding change to the jar in gratitude	Notice something positive about someone you don't know and tell them you appreciate it	Clean out a drawer or closet and give contents away to someone who needs it. Be grateful for your abundance
Create a Sabbath space for even a moment today ~ thank God for something you are grateful for ~ empty change into Giving Jar	Listen to a piece of music that is different for you ~ be grateful for the senses that allow us to experience life in different ways	Breathe in peace...breathe out worry ~ be grateful for the air we breathe	Leave a thank you note for someone in your family or workplace	Commit to buying nothing today ~ put what you would have spent in a Giving Jar	Create a social media post or comment that shares a story of gratitude	Tell a joke and make someone laugh today ~ be grateful for laughter in our lives
Create a Sabbath space for even a moment today ~ thank God for something you are grateful for ~ empty change into Giving Jar	Buy or make a special treat for a friend today ~ be grateful for friends	Create a social media post or comment that shares a story of gratitude	Say thank you to your church staff ~ be grateful for their time and talents that further God's kingdom and bless your life	International Women's Day ~ write or call a woman that you are grateful for	Slowly read a Psalm or favorite poem ~ be grateful for creative writing and the emotions that reading it evokes	Write notes of kindness and stick them to the walls and doors of your house ~ be grateful for your family and your home

<p>Create a Sabbath space for even a moment today ~ thank God for something you are grateful for ~ empty change into Giving Jar</p>	<p>Create a social media post or comment that shares a story of gratitude</p>	<p>Notice light ~ be grateful for the longer days</p>	<p>Send a thank you card to someone who taught you something ~ be grateful for learning</p>	<p>Light a candle for a meal ~ eat slowly ~ be grateful for the food God provides</p>	<p>Wear a color that makes you happy ~ be grateful for the clothes you wear</p>	<p>Drink a glass of water ~ be grateful for the water you use</p>
<p>Create a Sabbath space for even a moment today ~ thank God for something you are grateful for ~ empty change into Giving Jar</p>	<p>Feel your heartbeat ~ consider in awe and wonder how we are intricately made ~ be grateful that God created us and knows us intimately</p>	<p>Notice shadows ~ consider what shadows we have in our own lives ~ be grateful for God's light in our lives</p>	<p>Create a social media post or comment that shares a story of gratitude</p>	<p>Find a way to give a gift of money today ~ pay it forward ~ be grateful for the opportunity to share God's light and love with others</p>	<p>Read your favorite Bible story ~ be grateful for our ability to read and learn from scripture</p>	<p>Make breakfast for someone you are grateful for today</p>
<p>Create a Sabbath space for even a moment today ~ thank God for something you are grateful for ~ empty change into Giving Jar</p>	<p>Connect with someone you have not spoken to for a long time ~ be grateful for relationships</p>	<p>Take some time to hear God speaking to you ~ be grateful for God's overwhelming love for you</p>	<p>Be grateful for Calvary Lutheran Church ~ our facility, our staff, our ministry opportunities</p>	<p>Create a social media post or comment that shares a story of gratitude</p>	<p>Scan your body, noting your physical sensations ~ be grateful for health</p>	<p>Try not to argue today (even with your family) ~ be grateful for the love and compassion of others</p>
<p>Create a Sabbath space for even a moment today ~ thank God for something you are grateful for ~ empty change into Giving Jar</p>	<p>Breathe in love; breathe out compassion ~ be grateful for love and compassion in your life</p>	<p>Notice joyful laughter ~ how does hearing it make you feel? ~ be grateful for environments that foster laughter and joy</p>	<p>Truly listen to what people are saying, try not to interrupt ~ be grateful for the wisdom of others</p>	<p>Say only kind words today ~ be grateful for kindness</p>	<p>Practice the three R's ~ Reduce, Reuse, Recycle ~ be grateful for the earth and all that is in it</p>	<p>Deliver your Giving Jar contents to the charity of your choice ~ be grateful to be able to share our abundance with others</p>