

# November 2018

This month, Sparkhouse invites you to celebrate **gratitude!** As we look forward to the holiday season, starting first with Thanksgiving, it's a great time to take a step back and appreciate all that we have in our lives. Each day, check in with this calendar to find a simple, easy way that you can practice gratitude. Share your journey with us on social media with **#SparkhouseGratitude!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>“Give thanks in all circumstances.”</b> 1 Thessalonians 5:18			<b>1</b> Write down what you're <b>most grateful</b> for	 <b>2</b> Compliment a friend	<b>3</b> Tell somebody why you are <b>grateful</b> for them
<b>4</b> Say <b>thank you</b> as much as possible today	<b>5</b> Remember to <b>smile</b>	<b>6</b> Write a <b>thank you note</b> to a friend	<b>7</b> Pay it forward to a <b>stranger</b> 	<b>8</b> Take a moment to appreciate the <b>sunset</b>	<b>9</b> Say <b>thanks</b> to a friend for their friendship	<b>10</b> Write a thank you letter to <b>God</b>
 <b>11</b> Thank a <b>veteran</b>	<b>12</b> Compliment a stranger	<b>13</b> Give your old book a <b>new home</b> 	<b>14</b> Open a door for someone	<b>15</b> Ask an <b>old friend</b> to get coffee	<b>16</b> Write down your <b>favorite things</b> about life 	<b>17</b> Hide a <b>thank you note</b> for someone to find
<b>18</b> Thank your <b>worship leader</b>	<b>19</b> Leave a <b>\$1 bill</b> on someone's windshield	<b>20</b> Disconnect from <b>technology</b> for a night 	<b>21</b> Tell a family member they <b>are loved</b>	 <b>22</b> Thank a friend for their <b>strengths</b>	<b>23</b> Pray to God in thanks for what you <b>have</b>	<b>24</b> Help someone with a task (rake the leaves or carry their groceries!) 
 <b>25</b> Thank a <b>Sunday school teacher</b>	<b>26</b> Share your gratefulness in a <b>social post</b>	<b>27</b> Spend five minutes alone outside enjoying <b>nature</b>	<b>28</b> Write down what you're thankful for	<b>29</b> Find a friend and tell them why you <b>appreciate</b> them	<b>30</b> Share these ideas to continue your attitude of gratitude	