

October

meaningful moments

for a slower, more enjoyable life



1. Think of a friend you have always been able to rely on. Write them a heartfelt note thanking them for being that steady presence in your life, and drop it in the mail. Date

2. Take an early morning walk to notice the signs of fall: changing leaves, cooler air, that crisp October feeling. _____

3. Think of a time God came through for you in a particularly difficult situation. Write a thank you note to God about it and tuck it into your Bible. _____

4. Make one of your favorite fall recipes for yourself as a treat. _____

5. Buy a few shelf stable items and drop them off at a little free pantry or food bank near you, or cook a meal for someone you know who could use one. _____

6. Write down one thing you're grateful for in each of these three categories: a small daily comfort; a person who was kind to you recently; and something good about your own body or health that you take for granted. _____

7. Commit to Sabbath rest each week this month, and do something ahead of time to make that commitment easier to honor. _____

8. Toward dusk, grab your favorite cozy drink or a glass of iced tea, and step outside to watch the changing colors of the sky. _____

9. Find a silly fall joke and tell it to a friend. Here is an option for ya: What do you call a bear in the fall rain? A drizzly bear. 😁 _____

10. Ask someone older than you to tell you about a favorite meal from their childhood. _____

11. Collect a colorful leaf on a walk and press it in a book, or tape it into your notes for the month. _____

12. Write out two copies of Lamentations 5:21. Mail one to a friend, and put the other somewhere you'll see it for the rest of the month. _____

13. Do something today that brought you pure joy as a kid: ride a bike, blow bubbles, color in a coloring book, or make a paper airplane and see how far it flies. _____

14. Write a kind or encouraging sticky note for someone you love and leave it where they'll find it. _____

15. Bundle up and go stargazing one clear night this month, since fall skies tend to be some of the clearest and crispest of the year. _____

16. Bake or buy a fall treat and share it with a neighbor or coworker, along with a quick hello, as a small way to stay connected with the people around you. _____

17. Leave a thank you note in your mailbox for your mail carrier. _____

18. Go through your pantry or bathroom cabinet and donate unopened items you won't use to a shelter or food bank. _____

19. Find a bench, a porch, or a patch of grass on a crisp fall day and take twenty minutes to just sit outside and pay attention to the small, busy world around you, noticing how different that same small world feels now that fall has arrived. _____

20. At the end of the month, look back over this whole list and write down which treasure meant the most to you, and why. _____



O Lord, make me know my end
and what is the measure of my days;
let me know how fleeting I am!
Psalm 39:4



SEEKING SCRIPTURE