

November

meaningful moments

for a slower, more enjoyable life



1. Write “I’m grateful for” at the top of a piece of paper. Add the date you started it. Spend a few minutes writing down ten things you are grateful for. Hang it where you will see it most, and we will add to it all month. _____Date_____

2. Think of something you once prayed for that you now have. Add it to your gratitude list. _____

3. Make a warm drink, sit by a window, and watch the morning arrive. No phone, no rush. _____

4. Read Psalm 136 out loud and notice the line that repeats in every verse. Consider adding it to your gratitude list. _____

5. Turn off the screens for an evening, light a candle, and read a chapter or two from a favorite book by lamplight. _____

6. Make a pot of soup and share half of it with a neighbor. _____

7. Take a walk in the last hour of daylight and notice how golden the light turns the landscape. _____

8. Spend ten minutes in prayer with nothing but thank you. No requests, just gratitude. Afterward, consider adding some of these thoughts to your gratitude list. _____

9. Take your supper plate outside and sit on the grass or porch steps to eat it while enjoying the fresh fall air. _____

10. Think of something you use every day but rarely think about. Add that to your gratitude list. _____

11. Look up at a tree that has lost its leaves. Notice what the bare branches now reveal: the sky, a nest, the hills beyond. _____

12. Set your table for an ordinary weeknight dinner as if company were coming. Use the good dishes, light candles, add a centerpiece, etc. _____

13. Invite someone who might be alone to share a meal or a cup of coffee. _____

14. Look through the photos on your phone and find one that captures a special memory. Add that moment to your gratitude list. _____

15. Add a few extra items to your grocery cart for a food pantry or little free pantry. Or, if you are able, anonymously pay for a stranger’s groceries. _____

16. Try a day of thanks instead of complaints. Each time you notice a grumble, stop and say something you are thankful for out loud instead. _____

17. Bake something warm and fragrant, then let the house smell like November. _____

18. Walk through your home room by room and add one thing from each room to your gratitude list. _____

19. At a meal this month, ask everyone at the table what they are thankful for this year, and write their answers on your gratitude list. _____

20. Read your “I’m grateful for” paper out loud and thank God for each one. _____



So teach us to number our days that
we may get a heart of wisdom.
Psalm 90:12

SEEKING SCRIPTURE

