



PRACTICING GRATITUDE

SCRIPTURE AND PRACTICES
FOR THE MONTH OF OCTOBER



Living in Gratitude

In the month of October, we celebrate Thanksgiving. When we think about Thanksgiving, the first things that come to mind are usually turkey, pumpkin pie, and time spent around the table with loved ones. However, in addition to providing an opportunity to enjoy good food and to spend time with the people that matter most to us, Thanksgiving reminds us of the importance of gratitude.

As followers of Christ, we are called to live lives of gratitude toward God. Gratitude helps us to maintain a healthy perspective. It reminds us that the good things in our lives are not the result of our own striving, but rather, are gifts from the hand of the God who loves us. Gratitude reminds us to focus on the good and beautiful things in our lives rather than becoming consumed by the challenges. It opens us up to worship God and cultivates joy in our lives.

Throughout October, we are encouraging our church family to engage in practices of gratitude. In this booklet you will find a suggested Scripture reading and a practice for each day of the month. We hope that this resource helps you to grow closer to God and live each day with a deeper sense of His presence, provision, and goodness.

Gratitude Practices for Families

If you are a parent or have children that you spend time with often, why not include them in practicing gratitude this month? Many of the practices suggested throughout the month could easily be adapted for use with children. In addition - here are some family friendly ideas that you might want to try! There is one suggestion for each weekend in the month of October.

Make a Gratitude Centrepiece. Go for a nature walk and have each person in your family gather 2 or 3 leaves. Write things you are thankful for on each leaf and include them in your Thanksgiving table centrepiece.

Make a Gratitude Chain. Write things you are thankful for on strips of paper and make a paper chain.

Make a Gratitude Collage. Use images from magazines or printed photos to create a collage that illustrates things for which you are grateful.

Set up Appreciation Jars. Give each family member a jar to decorate. Once they are decorated, set the jars out on a bookshelf or mantle. Place note cards near the jars and encourage your family members to drop gratitude messages and encouraging words into one another's jars throughout the month.

Make a Gratitude Tablecloth. Cover your dining table with banner paper or kraft paper and have each member of the family write or draw pictures of things for which they are grateful. You can leave the tablecloth on the table for a while so you can reflect on your many blessings and add to it as additional things come to mind. If you'd prefer, you can use fabric markers and puff paints to document your gratitude on a cloth tablecloth. This provides you with a more permanent memento.

Scripture and Practice Guide

✓	Date	Scripture Reading	Practice
	October 3 rd	James 1:17-18	Reflect over the past week. What are you thankful for? Make a list of the gifts God has given you and spend some time expressing your gratitude to Him.
	October 4 th	Psalm 145	As you are moving around your community today, notice and acknowledge the many blessings you receive from living there.
	October 5 th	1 Thessalonians 1:2-3	Express your gratitude in a note or phone call to a person who nurtures your faith. Thank God for this person.
	October 6 th	Romans 8:38-39	Take a walk through your home. In each room, stop to thank God for some meaningful experiences that have happened there.
	October 7 th	Psalm 9:1-2	Identify five things you are thankful for. Spend some time in gratitude toward God, reflecting on the ways these gifts have impacted your life.
	October 8 th	Psalm 118:22-24	As you prepare to celebrate Thanksgiving, reflect on, or share stories with someone of other memorable feasts you have enjoyed.
	October 9 th	Psalm 96:11-12	Show gratitude for the gifts of nature by incorporating some of them – leaves, twigs, acorns, rocks – into a centerpiece, or placing them somewhere in your home that will remind you of God's beautiful creation.
	October 10 th	Galatians 5:22-23	Identify one quality that you admire about each person that you will be celebrating Thanksgiving with.
	October 11 th	Psalm 100	Say grace before your Thanksgiving meal. Give thanks for the food, the fellowship of the company and the presence of the Spirit among you.
	October 12 th	Psalm 95:1-7	During a period of silence today, enjoy and give thanks for the places and times of stillness when you can rest and delight in God's presence.
	October 13 th	Psalm 8	Spend some time outdoors today. Look around and notice the beauty of God's creation. What do you see, hear, smell, and feel? Thank God for these gifts.

	October 14 th	Psalm 28:7	Write in your journal about a difficult person who has taught you something you needed to know about yourself and/or community. End your entry with gratitude for this insight.
	October 15 th	John 15:1-17	In the evening, thank God for three specific ways that you experienced his presence and/or provision throughout your day.
	October 16 th	Psalm 107:8-9	While eating your meals today, be grateful for the food by savouring each bite with all your senses.
	October 17 th	Hebrews 13:16	As a practical way of showing your gratitude to someone, bless them with an act of service (doing a chore, running an errand for them, etc.)
	October 18 th	Ephesians 1:6	Express gratitude to a good friend for always being there for you by calling, texting, or sending a card.
	October 19 th	Romans 12:9-21	In gratitude for the good service of a restaurant, cleaners, or local small business, tell your friends about it so that their business can grow.
	October 20 th	Colossians 3:15-17	Write a letter to a relative in which you acknowledge the special role he or she plays in your family.
	October 21 st	Romans 14:19	Spend some time reflecting on the people you know who model what it means to be a peacemaker. Spend some time thanking God for them and for the gift of peace.
	October 22 nd	Matthew 6:25-34	Find a small stone to carry in your pocket or leave on your desk. Whenever you see or touch it, think of one thing that you are thankful for.
	October 23 rd	John 13:34-35	Think of three relationships that you are particularly thankful for. Thank God for them and then send each person a message expressing how much you appreciate them.
	October 24 th	Philippians 4:6-7	Reflect on a time that God carried you through a difficult circumstance. Thank Him for His care and provision.
	October 25 th	1 Thessalonians 5:16-18	Try to go through the entire day without complaining or saying anything negative about another person. Every time you slip up, think of three things you are thankful for.

	October 26 th	Matthew 6:19-21	Give something away. Before you do, thank God for the way that the item was a blessing to you while you used it.
	October 27 th	Psalm 107:1	Spend the day meditating on Psalm 107:1 - <i>"Give thanks to the Lord, for he is good! His faithful love endures forever."</i>
	October 28 th	Colossians 2:6-7	Engage in a conversation with your family or a friend about what you are thankful for today.
	October 29 th	Lamentations 3:22-26	Spend some time listening to worship music today. Listen to the words and let them sink in. Express your gratitude to God for who He is and how He is moving in your life.
	October 30 th	1 John 4:7-11	Spend quality time with a family member or friend. As you do, pay attention to what you appreciate about them and thank God for the gift of this relationship.
	October 31 st	Psalm 23	Reflect on the ways you have experienced God's goodness this month. Thank God for his love and care.