



Week 1

Gratitude through Praise

Memory Verse: Psalm 95:2-3

Activity Options:

- 1) Create a playlist via iTunes or Spotify with your favorite worship songs and play it in the car or around the house to help maintain an attitude of praise this week.
- 2) Write down fifteen words that describe God (friend, peace, good, and so on). Place the list somewhere you'll see often, then every time you see it praise God for being those things.

Week 2

Gratitude through Community

Memory Verse: Colossians 3:15-17

Activity Options:

- 1) Get together with your small group or a few friends this week for a "friends-giving." Eat and laugh together, but most importantly encourage one another in Christ and give thanks to the Lord for community.
- 2) Text two friends about this week's Bible verse and have them commit to memorize it with you.

Week 3

Gratitude through Prayer

Memory Verse: Philippians 4:6

Activity Options:

- 1) Write down the names of 10 people you can be praying for this week. Place this list somewhere you'll see often, then every time you see it pray for one of the names.
- 2) Be intentional to spend time in prayer with God this week. Set aside 15 minutes each morning just for prayer and let your requests be made known to Him.

Week 4

Gratitude through Giving

Memory Verse: 2 Corinthians 9:11

Activity Options:

- 1) Plan to make a meal on your own or together with a few friends to deliver to a family in need this week.
- 2) You don't always need money to give. What in your closet can you give away to someone in need? It could be clothes, electronics, jewelry, etc. Find a way to bless someone with the things you already have.

Share your pictures with us of how you used this gratitude calendar by tagging LifeWay Girls on social media.

