

November 2024

Year of Rest Calendar

Mental	Sensory	Emotional	Social	Creative	Physical	Spiritual
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Do something playful.	2 Offer a prayer of gratitude today.
3 Set everything aside and play a game with someone.	4 Eat something that reminds you of someone who loves you.	5 Silence your devices for one hour. Breathe.	6 Have a conversation with someone you don't agree with. Focus on listening.	7 Write a thoughtful note that affirms someone's gifts.	8 Exercise with someone else.	9 Donate your time or money to something you believe in.
10 Call to mind a compliment that affirmed your giftedness.	11 Listen to music that uplifts your spirit.	12 Seek advice from a trusted mentor.	13 Let someone teach you a new game.	14 Share a joke with someone. Ask the other if they have a joke for you.	15 Do something good for someone else that requires you to move your body.	16 Read a verse or story from the bible that strengthens your faith.
17 Practice one of your gifts. (ex. music, running, gaming, art)	18 Bake something for someone else.	19 Call or write someone who lives far away.	20 Connect with someone who brings out the best in you.	21 Use one of your gifts to do something kind for another.	22 Play with your pet(s) or pets in your community.	23 Notice and give thanks for the change of seasons.
24 Recount what you are thankful for this month.	25 Get your hands dirty doing something good.	26 Breathe deeply for 5 minutes.	27 Do something joyful with someone older/ younger than you.	28 Cook something that you will share with others.	29 Take a walk. Give thanks for God's abundance.	30 Give to those in need.

O give thanks to the LORD, for he is good, for his steadfast love endures forever.
- Psalm 136:1

As iron sharpens iron, so one person sharpens another.
- Proverbs 27:17

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. - Heb. 10:24-25

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. - 1 Peter 4:10

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. - Col. 3:17