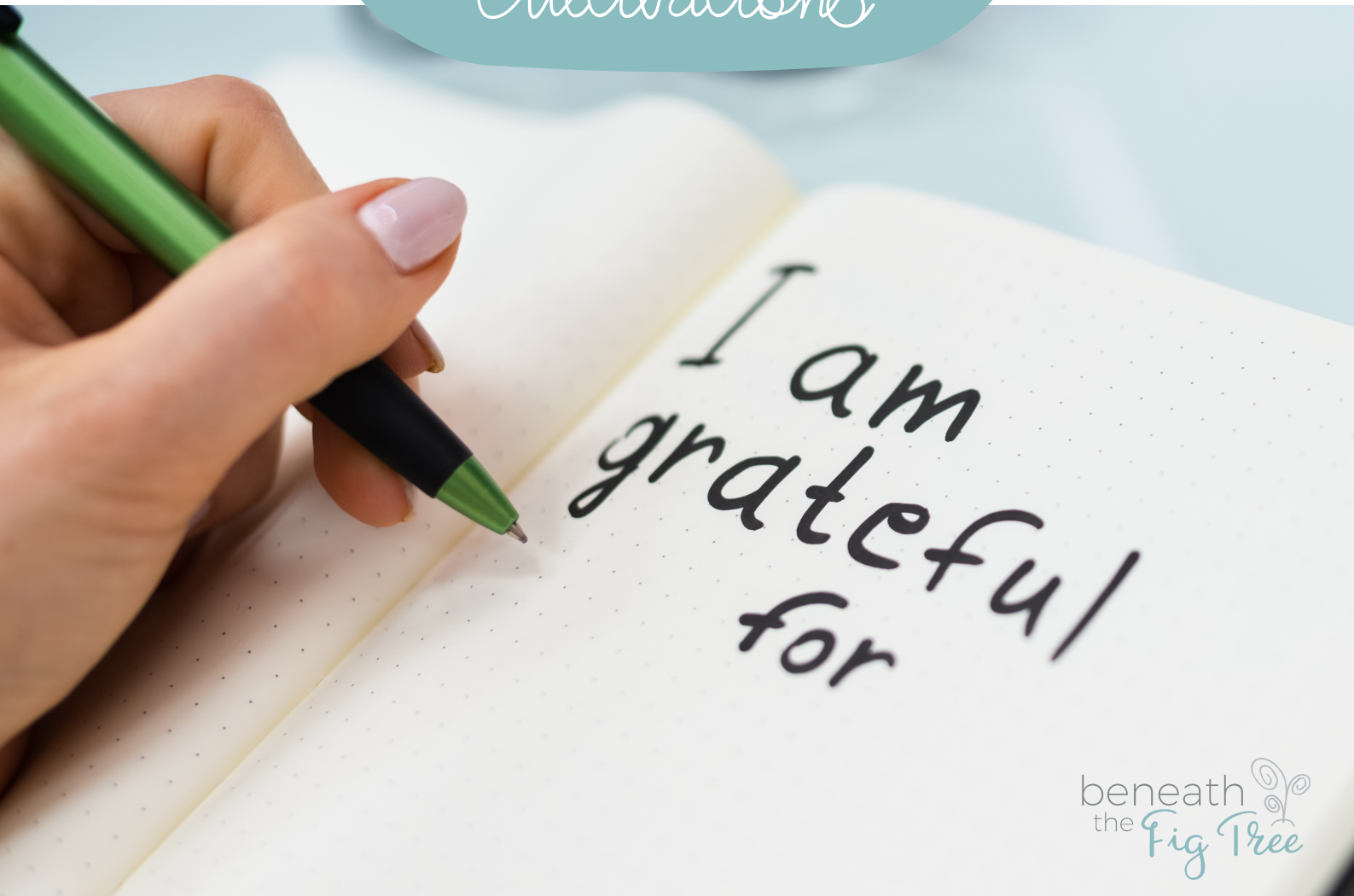


Scripture Cultivations



beneath
the Fig Tree

GRATITUDE EXPRESSED

You've likely heard that gratitude changes everything. It may not change the circumstances around you, but it most certainly changes how you perceive and respond to them. This month, we're centering our Scripture Cultivations on Gratitude Expressed.

CULTIVATIONS

01

SCRIPTURE CULTIVATIONS

Four weeks of scripture to read, write, engage with.

02

GRATITUNITIES WEEK

We'll spend a week actively seeking out people we can thank.

03

GRATITUDE LIST

End each day by writing down at least one thing for which you are grateful.

Feel free to use the ones you want and discard the rest. Or save them for another time when you're looking for a new way to spend time with God.

Gratitude Expressed

Week 1

- ♡ Psalm 107:8, 15, 21, 31
- ♡ Psalm 107 (trust me)
- ♡ Psalm 50:20
- ♡ Psalm 28:7
- ♡ Psalm 95:1-3

Week 2

- ♡ Psalm 9:1
- ♡ 1 Timothy 4:4-5
- ♡ Ezra 3:11
- ♡ Philippians 4:6-7
- ♡ Colossians 2:6-7

Week 3

- ♡ 1 Thessalonians 5:16-18
- ♡ Hebrews 12:28-29
- ♡ 2 Corinthians 4:15
- ♡ James 1:17
- ♡ 2 Corinthians 9:15

Week 4

- ♡ Colossians 4:2
- ♡ 1 Samuel 12:24
- ♡ Matthew 6:21
- ♡ Hebrews 13:15-16
- ♡ Colossians 3:15-17

Gratitunities Week

Look for people you can thank...for anything:

The barista at Starbucks, your child's teacher, your coworkers or the cashier at Wal-Mart. Ask God for a simple way to thank them. Then...do it. 😊

Monday

Tuesday

Wednesday

Thursday

Friday

GRATITUDE LIST



EACH DAY IN NOVEMBER, WRITE AT LEAST ONE THING YOU'RE GRATEFUL FOR.

It doesn't have to be a "big" thing. You can be grateful for a color, a sound, or a smell.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____
- 15 _____
- 16 _____
- 17 _____
- 18 _____
- 19 _____
- 20 _____

GRATITUDE LIST



YOU DON'T HAVE TO STOP ON NOVEMBER 30TH

Keep the list going as a part of your regular devotional life.

21 _____

22 _____

23 _____

24 _____

25 _____

26 _____

27 _____

28 _____

29 _____

30 _____

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____