



No-Grumble November Calendar

SUNDAY

DAY 6

Use kind words to encourage someone at church today.



MONDAY

DAY 7

If you hear someone grumbling today, instead of joining in, say something positive!



TUESDAY

DAY 1

Memorize Proverbs 16:24, so you can put it into practice this month!



WEDNESDAY

DAY 2

Instead of doing a chore AFTER your parents ask, surprise them and do it BEFORE they ask.



THURSDAY

DAY 3

Write a note of encouragement to someone who is having a hard time.



FRIDAY

DAY 4

Anytime you want to grumble today, say the word "sparkle" instead!



SATURDAY

DAY 5

Look for the good in someone who is hard to love. Write them a note.



DAY 6

Use kind words to encourage someone at church today.



DAY 7

If you hear someone grumbling today, instead of joining in, say something positive!



DAY 8

Encourage someone who makes it easy to see God.



DAY 9

When you have grumbling thoughts, replace those with your memory verse Proverbs 16:24.



DAY 10

Choose a friend to encourage! Tell them what you love about them.



DAY 11

What is something you usually grumble about? Try to re-think that in a positive way.



DAY 12

Sing a song of praise to Jesus!



DAY 13

Say something good today by finding your mom or dad and sharing something you love about them.



DAY 14

Ask someone how you can help them today and assist them cheerfully!



DAY 15

Wear something sparkly today as a reminder to "leave a little sparkle".



DAY 16

Is there anyone in your life who doesn't know Jesus? Write them an encouraging note that includes your favorite Bible verse.



DAY 17

Is there someone you usually gossip with? Talk with them about how gossip hurts others.



DAY 18

Use Timothy 1:7 throughout the day to remind yourself that God has given you a spirit of power, love, and self-discipline.



DAY 19

Pray for someone when you don't like what they are doing.



DAY 20

Ask mom to help you call someone who might be spiritually lost.



DAY 21

Rejoice with someone! Share how happy you are to see God at work in their life!



DAY 22

Practice training your heart on how to have open arms for repentant people.



DAY 23

Pray out loud with a friend today. Thank God for what He is doing in your lives!



DAY 24

Do you remember your memory verse? Write it out and give it to someone else.



DAY 25

"Leave a little sparkle" today by looking for ways God is at work and saying "Hallelujah!" in response.



DAY 26

Draw a picture for a friend who might feel lonely.



DAY 27

Share with a friend something that's encouraged you during this challenge.



DAY 28

Encourage someone outside of your family who "leaves a little sparkle" by sharing the good you see in them!



DAY 29

"Leave a little sparkle" by telling someone about what Jesus is doing in your life.



DAY 30

Spend time talking with your mom about this month's challenge using the questions below!



HI TRUE GIRL!

Are you ready to "leave a little sparkle" by doing everything without grumbling like it says in Philippians 2:14-15? Once you've completed each day's mini-challenge, check that box. If you miss a day, just start again the next day. **LET'S SHINE FOR JESUS!**

How did it go? What did you learn? Are there changes you have seen in your life because of this challenge? If so, we want to hear about them! Send us your **FREEDOM STORY!** A freedom story is a story of how you were set free from something by learning to live in God's Truth! You can send it via email at info@mytruegirl.com or direct message on Instagram (@truegirlofficial).

Pray and thank God for how He has worked in your life over the last month, and ask Him to continue to do so. Finally, now that you've successfully completed the challenge, ask your mom to help you go to mytruegirl.com/shine and submit your calendar to be entered into the super-huge grand prize drawing!