

No-Grumble November Calendar

HI TRUE GIRL! Are you ready to grow in gratefulness 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.

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DAY 1

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

DAY 2

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

DAY 3

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

DAY 4

Anytime you want to grumble today, thank God instead!

SUNDAY

MONDAY

TUESDAY

DAY 5

Use kind words to encourage someone at church today.

DAY 6

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

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

Are you worried about anything today? Read Matthew 6:25,26 and give your worries to God.

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

Look for ways God is at work today and say "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 by sharing the good you see in them!

DAY 29

Tell someone about what Jesus is doing in your life.

DAY 30

Pray with your mom and thank God for how He has worked in your life over the last month, and ask Him to continue to do so.

That's it! Now go to mytruegirl.com/no-grumble-entry and submit your calendar to be entered into the super-huge grand prize drawing!

TrueGirl

We want to hear 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! How did it go? What did you learn? You can send us your story via email to info@mytruegirl.com.