No-Grumble November Calendar

HI TRUE GIRL!

We are so glad you are joining us on the No-Grumble November challenge! We will focus on *"shine"* by training ourselves to "do everything without grumbling or arguing" (Philippians 2:14).

Each day you will have a mini challenge. Once you've completed the challenge, mark off the box with your favorite color!

SUNDAY	MONDAY	TUESDAY	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, say the word "shine" instead! ☐	**DAY 5** Look for the good in someone who is hard to love. Write them a note. ☐	**DAY 6** Encourage someone who makes it easy to see God. ☐	**DAY 7** If you hear someone grumbling today, instead of joining in, say something positive! ☐
DAY 8 Use kind words to encourage someone at church today. ☐	**DAY 9** When you have grumbling thoughts, replace them 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 "shine" for Jesus. ☐	**DAY 16** Do you know someone who doesn't know Jesus? Write them an uplifting 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 today 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** "Shine" for Jesus 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 "shines" by sharing the good you see in them! ☐
DAY 29 "Shine" today 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 following questions! ⟶ ☐					

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 to @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.