

Friends,

I am so grateful for Novembers! And, last week felt like four years, so I'm thankful to be walking out this Monday! I'm hoping you and your family took time to create a place for your Gratitude Jar and I'm hoping it's also bringing you to a time of gratitude, even just a little, every day.

This month will be light in the ways of activity because I truly want it to be a time to reflect, be grateful, and present-together. So, this week, if you haven't already, create a Gratitude Jar or bowl, even. Start taking a moment every day to be grateful and write it down!

To go along with our family link this week, I want to challenge all of you to get quiet and listen. What are the ways that God is speaking to each of you? How are you experiencing God's goodness?

Life is hard. I would say, "this year". But, life is just hard, period. Let's learn to cultivate gratitude in the hard stuff, together. Let's hold each other in the moments that are painful and listen for the voice of God together. If you look for the Goodness of God, you WILL find it.

Some ways to create a slower, more thoughtful month:

1. **Create a family playlist together!** Compile your favorite worship, classical, and thought provoking music and make it your playlist for the month! Listen while you cook. Listen while you clean. Listen over dinner. Listen while you're getting ready in the morning.
2. **Limit your screen time!** Make a plan, together, to listen to God and each other a little more than the screen this month. Maybe try cutting down an hour every evening, together. Use the time to play a game, read, a book, or take a walk.
3. **Get OUTSIDE!** Take. A. Walk. Go for a hike. Be in the sun. Rake your yard.
4. **Create conversation!** Make it a point to talk to each other around the dinner table about ways you might be experiencing God. Talk about all you have to be grateful for in your day.
5. **Find a family devotional on gratitude!**

Try these out this week! Slow down. Listen. God is speaking and loving us well.

Lots of Love,
Danielle