The Deaconesses November Challenge

Retentless

As deaconesses, we came up with a NEW challenge for the month of November. We hope you continue to pray for our nation and nation's leaders (our October challenge) as that is Biblical and so very important.

The challenge for this month is **CHOOSE GRATITUDE**. 1 Thessalonians 5:18a In EVERYTHING give thanks. Gratitude is a CHOICE that we CHOOSE each and every day!

We encourage you to take this November challenge of **CHOOSING GRATITUDE**. It could actually become a new mindset that changes your outlook on many things.

Here are a few ideas to get you started.
1. Play on YouTube:
     "Thank God for Something" by Hawk Nelson
     "Counting Every Blessing" by Rend Collective
     "Give Thanks" by Don Moen

2. The second you feel like complaining, say 5 things you are grateful for right at that moment. Keep saying them until the complaining stops.

3. If someone you're talking with is complaining, change the subject.

     Enjoy this **CHOOSE GRATITUDE** challenge!