

A heart of gratitude leaves no room for complaining for it's impossible to be truly thankful and filled with negativity and ungratefulness at the same time.
- Debbie McDaniel

Regular Community Activities



Selhurst Food Bank & Community Kitchen: Every Tuesday at 6pm-7:30pm

ONLINE EVENTS



Women's Forum: First Monday each month at 7pm-8pm



Bible Book Club: First and last Tuesday and Thursday each month at 7pm-9pm



Prayer Session: Every Wednesday at 8pm



Plant Based Cook-along Classes: Third Thursday each month at 7pm-8pm



Online Worship Experience: Every Saturday at 10am and 4:15pm

Find out more about our activities and events on our website or email:
info@croydonadventist.org
www.croydonadventist.org

APPRECIATIVE APRIL 2021

Embrace a life of being thankful in all circumstances

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

04 See the upside in a difficult situation that has helped you to grow

05 Go for a walk and be intentional about smiling and saying hello to every person you pass

06 Send a message of gratitude to thank someone for something they did

07 Thank God for the benefits of a gracious heart

01 Decide to be thankful for the good things every day this month

02 As you go through your day, find ways to appreciate the 'common' things you take for granted

03 Read **Psalms 107:8-9:** Consider how God satisfies your needs

11 Read **Colossians 3:12-17:** Think how good acts and thankfulness bring peace

12 Consider that approx. 80% of the world would feel lucky to have your life

13 Write a thank you note/text/email to a loved one

14 Today focus on the gifts that you have been given throughout your life

15 Read **Numbers 16:13-14:** Ponder on the dangers of being ungrateful

16 Turn a negative into positive. See the difference it makes in your life

17 Reflect on ungrateful ways and banish them from your thoughts

18 Start storing positive memories in your heart and mind

19 Cherish your friends. They're good for your wellbeing!

20 Read **James 1:17:** Remember every good and perfect gift is from above

21 Write down the name of 3 people who have positively impacted you

22 Thank people who do things for you, but who you may have taken for granted

23 Look for something to be thankful for where you least expect it

24 Give thanks in all circumstances **1 Thessalonians 5:18**

25 Make a list of things to thank God for like life, a home, clean water, etc.

26 Next time you have to do laundry, express gratitude for the clothes you wear

27 Show gratitude to God by finding ways to use the abilities he's given you to help others

28 Text a friend to see if they need help with anything

29 Read **John 3:16:** Give thanks for the great sacrifice Jesus made on our behalf

30 Write a list of the things you are thankful for this month