





Rooted in Faith provides monthly activities and ideas to add more Jesus to your daily life.

Hands-On Faith: Start a Gratitude Journal using our mini notebooks. Use the journal starters as a guide or create your own.

Visual Faith: Receive a daily photograph with a short devotional using the free app "Bible Inspirations" on your smartphone.

Musical Faith: Meditation music is great for journaling and housework! Listen to the YouTube channel "Christian Music Time" for some inspiration.

Faith On the Go: Do you spend time waiting? Whether it's the school pick-up line or the doctor's office, use your time to read a Bible verse from our calendar! Fold it up and carry it with you all month.

Prayer Emphasis: "HEART" Pray for those with broken hearts to find wholeness in Jesus. Ask God to provide healing to people who have heart disease. Pray that the Holy Spirit will inspire church volunteers to put more heart into their service.

Service Opportunities: Make sugar cookies for the Cookie Decorating Contest on February 16. Donate snacks or drink mix to Zone; sign up to help with a Wednesday night meal; fill our mini food pantry with valentines from Jesus.

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Gratitude Prompts for your

Prompts for your Prayer Journal

- 1. Who is a friend you can count on?
- 2. Describe your favorite pet.
- 3. List your favorite hobbies you enjoy.
- 4. What is a family tradition you love?
- 5. Who made you laugh recently?
- 6. How can you pamper yourself this week?
- 7. What's been a good book you've read lately?
- 8. What is your favorite movie you've seen?
- 9. Write about someone who makes your life better.
- 10. What is something positive about today's weather?
- 11. What is something about your health you are thankful for?
- 12. What are you most thankful for about your relationship with God?
- 13. Describe the last time you felt happy and secure.
- 14. Are you a morning person or a night owl? What do you love most about this part of the day?
- 15. List 10 of your favorite possessions.
- 16. Write out how God provided for you.
- 17. What do you love about your church?
- 18. What is your favorite Bible verse and why?
- 19. What is your favorite thing about the town you live in?
- 20. Share the best purchase you ever made.
- 21. What is your favorite song and why?
- 22. What is your favorite memory of your Mother?
- 23. What do you love about your job?
- 24. Share about a quote that you love!
- 25. What is your favorite bible verses and why?
- 26. What is a new food you've tried lately and what did you like about it?
- 27. What freedom are you taking for granted lately?
- 28. What brightened your day today?
- 29. How has technology helped you today?

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30. What has God saved you from?

