

# Scripture and Mindfulness Calendar

# July 2021

## HOW SHOULD I TREAT OTHERS?

1. Look for 3 things to be thankful for today.
2. Spend 15 minutes journaling about what is on your heart.
3. Watch a symphony on YouTube, noting all you see and hear.
4. Thank a service member.
5. Send a card to a loved one.
6. Share something that makes you laugh with someone else.
7. Try 3 new yoga poses.
8. Give thanks for everything you eat today.
9. Research the answer to a question you have.
10. Read and reflect on a passage of Scripture with your family members.
11. Exercise outdoors.
12. Compliment someone.
13. Make a list of the names of God that you find meaningful right now.
14. Fast for 6 hours.
15. Meditate for 10 minutes about where God may be calling you.
16. Take a walk outside and keep count of the different noises you hear.
17. Pray for an enemy.
18. Be intentional about really taking Sabbath today.
19. Spend time outside noticing how the sky changes.
20. As you do daily chores, notice the Spirituality in the tasks.
21. Spend an hour in quiet solitude.
22. Do something creative today.
23. Pray a prayer of confession.
24. Set a goal for yourself.
25. Have a conversation with someone about your Spiritual journey.
26. Share a good piece of advice.
27. Take a Spiritual Gifts test and reflect on how you see those in your life.
28. Celebrate national milk chocolate day by savoring a piece of chocolate.
29. Spend time being a generous listener.
30. Drink 100 ounces of water today.
31. Start a book you have been wanting to read.

1. Luke 6:31
2. Ephesians 4:29-32
3. Romans 15:1-2
4. Proverbs 24:17
5. Romans 12:10
6. 1 John 4:20-21
7. Matthew 7:12
8. John 15:12
9. 1 Peter 3:8-12
10. Philippians 2:3-4
11. Colossians 3:12-14
12. 1 Timothy 5:1-2
13. Romans 12:18
14. 1 Corinthians 13:4-13
15. James 2:1-13
16. Romans 12:17-21
17. John 13:34
18. Romans 10:12
19. Matthew 19:19
20. 1 John 3:18
21. Matthew 7:3-5
22. Hebrews 10:24
23. Ephesians 4:2
24. 1 Corinthians 16:14
25. 1 Peter 3:8
26. Matthew 5:43-48
27. James 1:19
28. 1 Thessalonians 5:11
29. Galatians 5:26
30. Matthew 25:40
31. Proverbs 16:28