

52 Weeks of Giving Thanks and Doing Without Sharing Our Blessings with Others

Have you ever thought about how fortunate you are to live in a prosperous country? We take so much for granted. We have access to fast food whenever we want, stores to purchase items at the last minute, doctors to take care of our medical needs, homes to shelter us, blankets to warm us, air conditioners to cool us, and transportation to get to where we want to go, whenever we want. We have friends, family, and even pets to provide us comfort.

We have so much available that we often fail to realize what it would be like to not have these items we so often take for granted. Each week this year consider going without an item on the following list or giving thanks for the item and putting it in a pillowcase. At the end of the year, you will have 52 items plus a Bible to donate to a charity for someone who may need these items. You may choose to follow the order listed or pick your items at random. As an alternative, you may choose to pray for the person who may need the item you are to do without or are thankful for. The list includes (1) a task for you to do or meditate about and give thanks followed by (2) the item to add to your pillowcase.

WEEK	TASK	ITEM	IN BAG (✓)
1	Sleep without a pillow case	Pillow case	
2	Do without soap	Bar of soap or soft soap	
3	Drip dry after washing hands	Wash cloth or towel	
4	Brush teeth with your finger	Tooth brush	
5	Brush teeth without toothpaste	Tooth paste	
6	Go without combing your hair	Comb or brush	
7	Do not shampoo your hair	Shampoo	
8	Do not use lotion or perfume	Body lotion or perfume	
9	Do not use hairsprays or conditioner	Hairspray or conditioner	
10	Leave nails un-manicured	Nail file kit	
11	Do not look in a mirror	Mirror	
12	Wash clothes by hand without soap	Laundry detergent	
13	Cleanliness is next to godliness	Cleaning product	
14	Do not reach for a paper towel	Paper towels	
15	Don't use a tissue or handkerchief	Facial tissue or handkerchief	
16	Do not take pain relievers for aches and pains	Aspirin or Ibuprofen	
17	Do not use an adhesive bandage for small cut	Adhesive bandages	
18	Do not use ointment for bug bites	First Aid cream	
19	Do without clean underwear (Eww!!)	Underwear	
20	Praise God and his gift of Jesus	Cross or cross necklace	
21	Thank teachers for their guidance	Coloring book and crayons	

WEEK	TASK	ITEM	IN BAG (✓)
22	Think about children who go without a toy	Child's toy	
23	Think about a child without a diaper	Diaper or wet wipes	
24	Try to remember something without writing it down	Notepad, pens or pencils	
25	Do without a fan or air conditioning	Hand held fan	
26	Do without electricity	Batteries	
27	Do not drink bottled water	Bottle of water	
28	Do not use a scissors for cutting	Scissors	
29	Do not repair a split seam or button	Sewing kit or safety pins	
30	Give thanks that you have a place to put items	Purse	
31	Give thanks for your faith	Inspirational Card	
32	Go without breath mints or gum	Breath mints or gum	
33	Give thanks for your health	Vitamins	
34	Give thanks for women	Feminine products	
35	Do not use toilet paper	Toilet paper	
36	Walk without socks or shoes	Socks or shoes	
37	Leave facial hair on chin	Tweezers	
38	Do not use deodorant	Deodorant	
39	Do not pay attention to time	Watch	
40	Do not use lipstick or makeup	Lipstick or makeup	
41	Give thanks for cleanliness	Hand sanitizer	
42	Give thanks for men	Razor or shave cream	
43	Give thanks for your sight	Sunglasses	
44	Try to eat without utensils	Plastic utensils	
45	Do not eat for a day or so	Canned Food	
46	Give thanks for jobs and \$ in the bank	\$\$\$	
47	Do not eat at fast food restaurant	Fast food coupons	
48	Give thanks for pets	Pet treats or toy	
49	Go without coffee or tea	Coffee, tea, creamer or sugar	
50	Do not eat snacks	Cookies	
51	Do not eat chocolate	Chocolate bar	
52	Wear an old piece of clothing	Clothing (shirt, shorts, etc.)	

You can purchase most of the items at a dollar store, so it won't cost you much to make a big difference in someone's life.

Thank you for your generosity.