

40 Days of Tiny Adventures

We get comfortable because we get out of practice. We live in ease and familiarity and slowly begin to resist challenges, change, and eventually miss out on the endless ways God invites us into an adventure with Him each day.

The following is a list of 40 tiny adventures for you to experience each day- simple ways to practice stepping out of your comfort zone and enliven your heart again to explore the unknown, embrace change, love the mystery of following Jesus, make messes, step out in faith, and travel deeper into God's heart!

Do them by yourself, with a friend, or your kids! Be sure to encourage others by sharing your lessons along the way using #40daysofadventurewithGod

A lifetime of passivity only makes dormant our longing for adventure." Erwin Raphael McManus

- DAY 1: *go on a walk with God*
- DAY 2: *paint something!*
- DAY 3: *wear something different than you normally do*
- DAY 4: *make a cup of coffee/tea for Jesus when you have yours*
- DAY 5: *sit in silence for 15 minutes*
- DAY 6: *write 10 things about yourself that you love (and know that God loves those too!)*
- DAY 7: *experiment with a new recipe today*
- DAY 8: *make a mess today- however that looks for you*
- DAY 9: *put one of your dreams up somewhere you can see everyday*
- DAY 10: *go explore a place you've never been*
- DAY 11: *keep a thankful list today- add to it throughout the day*
- DAY 12: *get perspective - stare out at the sky (day or night)*
- DAY 13: *write "Jesus" on your hand to help you be aware of His presence*
- DAY 14: *send an encouraging letter to someone*
- DAY 15: *challenge yourself physically today- maybe that's a jog, a walk, stretching, or a long bike ride*
- DAY 16: *Practice painting, drawing, or coloring like a child again- it might be harder than you think!*
- DAY 17: *read the Bible slowly today- focus on one or two verses*
- DAY 18: *bring the neighbors a surprise*
- DAY 19: *ask the Lord to help you to really see people today- ask Him to show you one person to encourage*
- DAY 20: *plan a weekend adventure to some place you've never been before*
- DAY 21: *pack a picnic and eat it at the park (or on your living room floor if it's rainy)*
- DAY 22: *practice Sabbath- turn off your computer, internet on your phone, distractions, rest and live slowly today*
- DAY 23: *buy balloons, make cupcakes, celebrate God today! Give Him thanks for all He's done in your life.*
- DAY 24: *spend some time studying the culture and lifestyle of another country- pray for them today*
- DAY 25: *go on a scavenger hunt with God-look for signs of His presence everywhere you go*
- DAY 26: *write out one of your fears and then come up with five ways you can face it and be victorious over it*
- DAY 27: *surprise a friend with flowers & a small gift*
- DAY 28: *schedule dinner with a new family or friends you don't know very well*
- DAY 29: *go on a date with God- light a candle and read your Bible*
- DAY 30: *buy fresh cut flowers- one for you and one for someone else*
- DAY 31: *write out Philippians 4:8 and practicing thinking about ONLY about those things today*
- DAY 32: *doodle your prayers- bring them to life through pictures & colors*
- DAY 33: *share some of your story today with someone- even the not so pretty parts*
- DAY 34: *explore a place you've been before but take fresh eyes- choose to look and see things with wonder & curiosity*
- DAY 35: *make a simple + easy bread recipe*
- DAY 36: *plant something outside or in a pot inside*
- DAY 37: *have a 15 minute dance party!*
- DAY 38: *go on a hunt to find pretty flowers & things in your neighborhood*
- DAY 39: *write out a list of all the things that bring you joy!*
- DAY 40: *walk through your house with a bag, fill it items you'd like to give away*

What did you learn from these 40 days? Which of these would you like to make into regular rhythms in your life?

#40daysofadventurewithgod

for more encouraging resources to help you step out of your comfort zone & into a beautiful adventure go to: charissasteyn.com