

- 31 Days -

AN EXPAT GUIDE TO LOVING AND GROWING WHERE YOU ARE

- Stop at a new shop today. Introduce yourself to someone who works there.
- Write down 5 things to pray for your city.
- Start a new walking routine. Look for locals you can become familiar with on your path.
- Text a woman on your field and encourage them.
- Memorize this verse about joy:
Praise be to the Lord, for he has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. Psalm 28:6-7
- Ask a friend for 3 book recommendations.
- Revisit the new shop from last week. Learn something new about the contact you made.
- Take a picture of yourself in a favorite spot and send it to family in your passport country.
- Ask a national where their favorite spot is to go for fun. If possible, make plans to go.
- If a guidebook is available for your country or city, read and learn about things right under your nose.
- Ask 3 people from your passport culture to send you their favorite worship songs right now.
- Invite a national friend over to teach you how to make a local dish.
- Write down 10 things you love about your city. Hang it in your kitchen so you can talk about it with others. You may find they share things you want to add to your list.
- Look for a way to bless your contact from your new shop.
- Send an email to 3 expat ladies that bless you. Tell them specifics about how they bless you.
- Memorize this verse on contentment:
I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. Philippians 4:11-13
- Add 5 national friends' names to your prayer list.
- Put a post on social media about the things you do in your day. Give a glimpse into your life to those who love you.
- Post a recipe of a local treat on social media. Invite others to enjoy your host culture.
- Make a list of 3 places you would like to visit in your host country. Make a plan to visit one soon.
- Visit your new shop. Ask them 2 new questions. Keep learning about them!
- Go to the market and look for something you aren't familiar with. Ask questions and try to prepare it.
- Make something from your passport culture (cookies, chex mix, etc.), take it to a neighbor and have fun watching them experience the new flavor.
- Find a book written about your host culture (fiction or non). Add it to your reading list this year.
- Add 5 things you hope for the future of your host country to your prayer list.
- Make a list of the holidays specific to your country. Make it a goal to learn about them.
- Plan an opportunity to celebrate something with nationals.
- Visit your new shop. Share something you appreciate about your new contact with them. Tell them how you've enjoyed getting to know them.
- Memorize this verse about love:
Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. 1 John 4:11-12
- Find a new restaurant. Take a friend and try one thing you have never tried before.
- Plan a girls night! Ask everyone to write down their 5 best pieces of advice for life in your country, a favorite worship song, and a favorite verse – all placed in a mug. Do a mug exchange!