

40 Days Fuller

Surprise Saturday | *Day 32*



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DISCOVER

Following the same weekly or daily routine can be comforting, convenient and even meaningful. Having a favorite routine with a loved one makes it even more meaningful. Perhaps you have a nightly routine with kids or a partner. Or maybe you have a regular date with friends at the same restaurant. Going to the same place or engaging in the same activities together creates a ritual that feels comforting and relaxing.

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Every now and then, however, all relationships can use something new. Rituals sometimes can become stale, or we become more prone to taking our times together for granted. Something as simple as trying out a new restaurant, or as adventurous as trying out a whole new activity together enhances connection and intimacy.

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Today, practice surprise by doing something new with someone you care about. You might add a creative twist to a familiar routine or ritual, or try a brand new activity altogether. Be as adventurous as you can today!

REFLECT / JOURNAL

What routines or rituals are meaningful to you? Do you have any routines or rituals that involve other people?

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When was the last time you tried something new with someone you love? How might you practice the gift of surprise with someone you love today?

PRACTICE



Practice the daily cup ritual



Write "surprise" on your hand, post-it notes, or anywhere you are likely to see throughout the day.



Do something special, fun or different with someone you love today.



Share your reflection with the group.



Guided meditation for day 32

Even the most ordinary things
can be made extraordinary
simply by doing it with the
right people.
- Nicholas Sparks