

Lenten Intentions—Week 1

I intend to live this day with all
the curiosity and imagination that God gave me.
I intend to live this day with God.
I intend to share it.



Day 5 (Monday): I will notice today when I or others **sit**. Sitting in a chair? On the floor? Relaxed? Tense? Legs or ankles crossed? How does it feel to sit? How does it feel to get up again? Can I feel where my body touches the chair or floor?

Psalm 91: You who sit down in God's presence, say this:
"God, you are my refuge."

How will I share this day? Offer to "baby sit" a friend's child? Offer to "pet sit" a friend's dog or cat? Sit with a sick or grieving person?



Day 6 (Tuesday): Today I will ponder **shields**. This is a word we don't use much, except for warriors. But many things are shields – umbrellas? Sun shades? Safety glasses? Hats? Even coats shield us from the cold.

Psalm 91: That's right – God rescues you from hidden traps, shields you from deadly hazards.

How will I share this day? Offer to share an umbrella? Donate coats to a charity? Stand with someone who is being bullied?



Day 7 (Wednesday): I will delight in noticing **arms**. Big and strong? Tiny and cute? How many skin colors can I find? Are they working? Hugging? Resting? Creating?

Psalm 91: God's huge outstretched arms protect you – God's arms fend off all harm.

How will I share this day? Give some free hugs (always ask first!!)? Help carry groceries in for a neighbor?



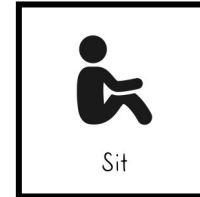
Day 8 (Thursday): Today is a great day to ponder **homes**. Houses, apartments, nests, webs, caves? Who lives in the homes? Many people or only one? How can I make my home welcoming? How can I help those who don't have a home?

Psalm 91: The High God (is) your very own home.

How will I share this day? Volunteer at a homeless shelter? Volunteer at a pet shelter? Help someone clean their home?

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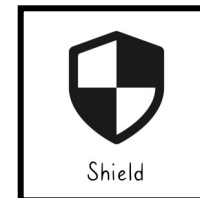
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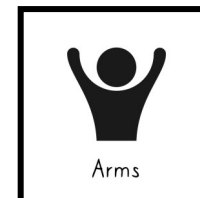
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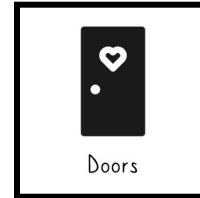
Day 9 (Friday): Last week I thought about entries, today I will look at **doors**. Indoor? Outdoor? Does it have a window? Does it lock? Is it wood or metal? Is it pretty? What does that door say about what is behind it?
Psalm 91: Evil can't get close to you, harm can't get through the door.

How will I share this day? Write a letter to someone in jail (who is behind locked doors)? Help to decorate the bedroom door of a neighbor child? Knock on the door of a neighbor I don't know and introduce myself?



Day 10 (Saturday): Today I will notice **jobs**. Workers delivering mail, driving busses, stocking shelves in the grocery, teaching, gardening, healing, helping, creating. Whew! Lots of jobs! I will delight in the vast array of kinds of people doing these jobs!
Psalm 91: (God's angels) job is to keep you from falling.

How will I share this day? Notice and thank people for doing a good job? Keep a list of jobs I notice and compare my list with others? Do a nice job for a neighbor?



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