

Lenten Intentions—Week 3

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.



God

Day 17 (Monday): Today I will delight in seeing **God** everywhere! I will see God in all of creation. I will see God in all people. I will see God in every example of love. I will see God even in the things that are sad or lonely or not beautiful.

Psalm 63: God – you’re my God! I can’t get enough of you!

How will I share this day? Write a letter to someone in prison? Write a poem about the things I noticed today? Make a donation to an organization doing God-work?



Hunger/thirst

Day 18 (Tuesday): On this day I will be aware of **hunger and thirst**. I will notice how it feels to be thirsty and how wonderful the water feels in my mouth and throat. I will notice how it feels to be hungry – and decide if it is real hunger or another trigger, like seeing pictures of food, that makes me feel hungry. I will notice when others are

hungry or thirsty. I will honor those who fast as a form of prayer.

Psalm 63: I’ve worked up such a hunger and thirst for God.

How will I share this day? Put a bird feeder in the yard? Donate dog food to a shelter? Work in a soup kitchen or food bank?



Eyes

Day 19 (Wednesday): Today I will notice **eyes**. Brown? Blue? Hazel? Glasses? Big? Narrow? Dog eyes? Cat eyes? Bird eyes? Fish eyes? What a delight to see all the different eyes! What are they looking at? What a miracle eyes are!

Psalm 63: So here I am in the place of worship, eyes open.

How will I share this day? Donate my old glasses to Lion’s Club? Draw a picture of a friend’s eyes?



Breath

Day 20 (Thursday): I can’t be aware of every **breath** I take all day, but I can bring my attention back to my breath many times during the day. I will notice how my chest moves and how the air feels in my nose and in my throat. I will take a deep breath and I will take short breaths. Can I see my breath in the cold air?

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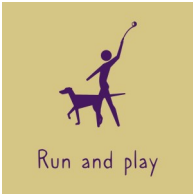


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Psalm 63: I bless you, God, every time I take a breath.

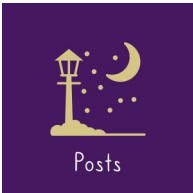
How will I share this day? Create a “breath prayer” where I bless God with each breath? Volunteer at a nonprofit benefiting asthma or COPD victims? Light candles at the dinner table and invite guests to blow them out at the end of the meal?



Day 21 (Friday): Today I will **run and play**! And if I cannot actually be the one running and playing, I will try to find children or dogs or squirrels running and playing. I will delight in the feel of the air on my face or in the happiness in others. I will give thanks for camaraderie and laughter.

Psalm 63: Because God has always stood up for me, I am free to run and play.

How will I share this day? Help at an animal shelter – (they frequently need people to walk and play with the animals)? Play with people I love?



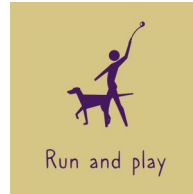
Day 22 (Saturday): Today I will look for **posts**, or other means of support. Under bridges? Holding up fences? Propping up a tree? Guiding me through a line? Holding electric and phone lines high above me? Lighting the streets?

Psalm 63: I hold on to you for dear life, and you hold me steady as a post.

How will I share this day? Take photos? Help a nonprofit post signs?

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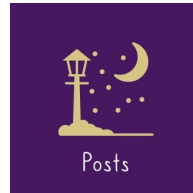
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