

Lenten Intentions—Week 4

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.



Count

Day 23 (Monday): Today I will be amazed at our ability to **count**. Other kinds of animals can count but humans can count way beyond our fingers and toes. Today I will notice how many...trees? Houses? Are there more white shirts or red shirts? How many letters in the mail for us? How many peas on my plate at dinner time?

Psalm 32: Count yourself lucky, you get a fresh start.

How will I share this day? Does my church need someone to help count offering? Teach a young child to count to 10?



Bones

Day 24 (Tuesday): I can't move around without **bones**. Today I will be aware of my bones -- the magic of our bones supporting us. No matter what another person looks like on the outside, their bones look like mine! I will go through my day aware and thankful for my bones.

Psalm 32: When I kept it inside, my bones turned to powder.

How will I share this day? Jump rope with a young friend? Learn the names of a few bones?



Words

Day 25 (Wednesday): Today I will be aware of **words**. What amazing things words are! They allow one person's thoughts to enter another person's mind! Words of all languages work the same way. Written? Spoken? Shouted? Friendly? Angry? Helpful? Loving? I will listen in a fresh way.

Psalm 32: When I kept it inside, my words became daylong groans.

How will I share this day? A story? A poem? A letter to a prison inmate or a hospital?



Holding

Day 26 (Thursday): My intention for today is to be aware of **holding**. A cup holding water, a mother holding a baby, a worker holding a box, a dog holding a ball, a bird holding a seed. Am I holding any grudges? What am I holding that I should let go?

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Psalm 32: God holds nothing against you.

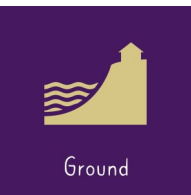
How will I share this day? Donate clothes to charity? Forgive someone?



Day 27 (Friday): Today I will think about **inside and outside**. Inside or outside of the house, or building or car? Inside or outside of the room or the shower? Inside or outside a social group? Inside or outside the law (what was the speed limit?)?

Psalm 32: When I kept it inside, my bones turned to powder.

How will I share this day? Write down something that has been locked inside. Get it out. Share with a trusted friend?



Day 28 (Saturday): On this day I will be aware of the **ground**. What is under my feet? Soil? Concrete? Wood? Grass? Is it wet? Crunchy? Soft? Do my shoes make a loud noise? Or is it quiet?

Psalm 32: When the dam bursts we'll be on high ground, untouched.

How will I share this day? Invite a friend for a walk? Walk on as many different surfaces as possible? Help with a spring cleanup at a church or school?

Psalm 32: God holds nothing against you.

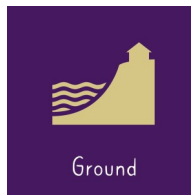
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