

Lenten Intentions—Week 5

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 29 (Monday): Today I will think about **dreams**. Both the kind that come when you sleep, and the kind that lay forth a vision of a good future. What dreams have I had? What dreams do I have for my future? What could make those dreams come true?

Psalm 126: It seemed like a dream, too good to be true.

How will I share this day? Start a dream journal? Share dreams with friends or family?



Day 30 (Tuesday): I will be aware of **song** today. Specifically, the emotion of songs. Happy? Sad? Does an old song bring good memories? Songs can unite us when we sing together. It can bring very powerful emotions. Do I see people singing along with the radio? Or in the grocery store?

Psalm 126: We laughed, we sang, we couldn't believe our good fortune.

How will I share this day? Sing some old songs with family or friends? Write down a list of songs and pair them with the emotions they bring?



Day 31 (Wednesday): Today I will be on the lookout for **happy people**! In cars, at work, in class, in the bus – search their faces and see who looks happy! Even in magazines or on tv, who are the happy people?

Psalm 126: God was wonderful to us; we are one happy people.

How will I share this day? Photos? Plan a party that makes people happy?



Day 32 (Thursday): Today I will be aware of **rain**. Is it raining? Did it rain recently? Has it not rained for a long time? Can I remember the feel of rain on my face? Can I think of the sound of rain on the window? Can I think of a favorite umbrella that I had? Or the smell of wet dogs coming in from the rain?

Psalm 126: And now, God, do it again – bring rains to our drought stricken lives.

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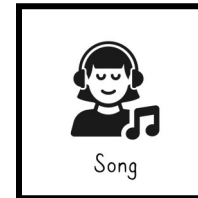
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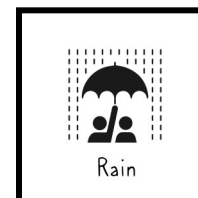
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How will I share this day? Make a song from the sound of raindrops?
Donate rain gear to a charity?



Day 33 (Friday): This is a great day to think about **harvest**. We usually only use this word for food – and while many of us see fresh produce in the grocery stores, I will think about those who do not and why this is. But also I will think about the harvest of benefits from a good habit. The harvest of knowledge from reading good books. The harvest of beauty from the work of craftsmanship. Where else will I see harvests?

Psalm 126: So those who planted their crops in despair will shout hurrahs at the harvest.

How will I share this day? Take photos of as many kinds of harvest as I find? Find out if the local foodbank will accept fresh veggies, or take some to a neighbor?



Day 34 (Saturday): Today I will intentionally pray for God's **blessing** on those with heavy hearts. I will send my prayers silently on the street, at work, in class or at home. I will hold compassion for all people in my heart.

Psalm 126: So those who went off with heavy hearts will come home laughing, with armloads of blessing.

How will I share this day? Write cards to people I know who are sick or sad? Bake cookies for a friend who is down?

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