

Summer Intentions—Week 1

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

I intend to spend this day with God.

I intend to share my joy.



Heart

Day 1 - Before I get out of bed, I will put my hand on my **HEART** and say, "Good morning, (*my name*)! Good morning, God!" God will be my companion all day. I will notice today how my body moves, how I am curious, how my imagination works.

Psalms 139:14 (NRSV) I will praise you God, for I am fearfully and wonderfully made.

How will I share this day? Make up a story? Poem? Ask a friend how they are feeling?



Balance

Day 2 – I intend to be aware of **BALANCE** today. Physical balance – holding my head up, having good posture, the miracle of bipedal walking! Emotional balance – keeping my cool when I notice anger or anxiety creeping in. Social balance – being kind and accommodating, while guarding my dignity as well as the dignity of those around me.

Proverbs 16:11 (NRSV) Honest balances and scales are the LORD's; all the weights in the bag are God's work.

How will I share this day? Make a tower of stones with a child? See who can stand on one foot longer? Make a list of ways we can find balance in our lives?



Breath

Day 3 - I will be curious and astonished at **BREATH**. I will be aware of God in the movement of the air. Is it windy? Is a fan on? And in my own breaths. I will take a deep, slow breath every time I pause.

Job 33:4 (NRSV) The spirit of God has made me, and the breath of the Almighty gives me life.

How will I share this day? Dinner conversation? Song? One breath prayer?



Tools

Day 4 – I intend to notice **TOOLS** today. Who imagined that tool? Who is using tools? Big? Tiny? Loud? Silent? The L.A. Times reports that the average American home has 300,000 items in it!! Many of those items are tools of some sort. Do we really need that many?

Micah 4:3 (NRSV) They shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more.

How will I share this day? Do I have tools I could donate to charity? Volunteer at Habitat for Humanity? Learn (or teach) how to use a new tool?



Feet & Hands

Day 5 - I will be aware of my **FEET and HANDS**. I will notice the surfaces I walk on. Do I have socks on? Shoes? What does the floor feel like? And the things I touch. Is the table smooth? Does the cup feel wet? Cold or hot?

Psalms 119:133 (NRSV) Keep my steps steady according to your promise.

How will I share this day? Journal page? Drawing? Take a walk with another person?