

## Summer Intentions—Week 2

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.



Friends

Day 6 – I intend to pay special attention to **FRIENDS**. I will notice people and even animals who look like they are friends. I will notice people walking together, laughing together, working together. How do they interact in a special way? How can I be a better friend?

**Galatians 6:2 (NRSV)** Bear one another's burdens, and in this way you will fulfill the law of Christ.

**How will I share this day?** Call or write to a friend far away? Make a new friend – someone you wouldn't have thought of immediately? Be friendly to everyone?



Sound & Vibration

Day 7 – I will be curious about **SOUND and VIBRATION**. I will take time to still my thoughts and really listen or feel the sounds and vibrations around me. Clocks ticking, buses passing, birds singing, children playing, the subtle vibration from the walls around me.

**1 Kings 19:12 (NRSV)** [The Lord was in] the sound of sheer silence.

**How will I share this day?** Recordings? Conversation? Journal all the sounds I hear in 15 minutes?



Cleaning

Day 8 – Today I will be aware of **CLEANING**. Who is cleaning? What needs to be cleaned? Why do we need to clean? Who is helping others keep clean? I will notice birds cleaning their beaks, dogs or cats cleaning their faces, and waves cleaning the beach. I will be grateful for garbage collectors, bathroom cleaners, and window washers.

**Psalms 51:10 (NRSV)** Create in me a clean heart, O God, and put a new and right spirit within me.

**How will I share this day?** Help a friend clean? Clean out a drawer or closet? Tell a sanitation worker "thank you"?



Taste & Smell

Day 9 – Today I will be astonished at **TASTE and SMELL**. I will take time to delight in the textures and tastes of my food. Does it feel tangy? Sweet? I will notice the smells around me. What about that smell makes it seem pleasant or not?

**Psalms 34:8 (NRSV)** Oh taste and see that the Lord is good!

**How will I share this day?** Cook for someone else? Donate to a food bank?



Choices

Day 10 – Today I will notice **CHOICES**. How many choices will I make today (probably around 35,000!)? I will strive to make healthy choices. I will notice not only my choices, but others' choices. Are children, the elderly, and disabled given the opportunity to make choices? How do other animals make choices?

**Joshua 24:15 (NRSV)** Choose this day whom you will serve...but as for me and my household, we will serve the LORD."

**How will I share this day?** Treat an elderly friend or child to an ice cream cone and let them choose the flavor? Choose to volunteer at a new nonprofit? Choose to eat a new food?