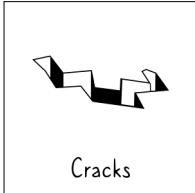


## Summer Intentions—Week 3

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

I intend to spend this day with God.

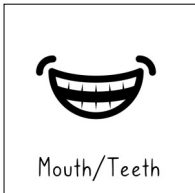
I intend to share my joy.



Day 11 – Today I will be curious about **CRACKS**. I will notice cracks in the streets and sidewalks. I will notice cracks in the rocks and dirt. I will notice cracks in walls, cups, and even skin. I will notice the patterns they make and wonder how they came to be.

**1 Samuel 13:6 (NRSV)** When the men of Israel saw the danger...they took cover in the cracks in the hillsides. (BBE)

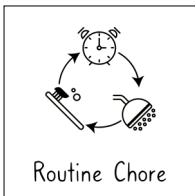
**How will I share this day?** Keep a log of all the cracks that come to my attention? Share photos or create a story about them?



Day 12 – Today I will notice **MOUTH/TEETH**. My own – do I have any pain in my mouth? What can I taste and chew? Others – what can I tell about someone's mood by their mouth? Are they smiling? Am I smiling back? What does our culture tell us is an attractive mouth? Can we see beauty in other kinds of mouths? What about other animals' mouths? Butterflies? Birds? Dogs and cats and squirrels? Fish?

**Matthew 15:11 (NRSV)** it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles."

**How will I share this day?** Take or draw a picture of as many kinds of mouths as I can find? Learn the names of teeth? Send a thank you note to my dentist?



Day 13 – Today I will really pay attention to what is usually a **ROUTINE CHORE**. The sounds of brushing teeth, the feel of the seat belt on my lap, the colors of my shoes, the smell as I walk out the door.

**Colossians 3:23 (NRSV)** Whatever your task, put yourself into it.

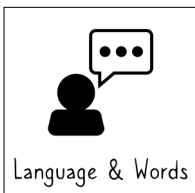
**How will I share this day?** A poem or journal? A drawing? What made the mundane seem special?



Day 14 – I intend today to be aware of **ANGER**. I will notice when anger wells up in me. How long does it last? Do I act on that anger? Is the anger in defense of someone else? When do I see anger in other people? How do I react to that? Is there ever a time when anger can be helpful? Can I be helpful to a friend who is angry – can listening without judgement help? Can I use the energy created by anger to do some good?

**James 1:19-20 (NRSV)** You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness.

**How will I share this day?** Volunteer with an organization working to change something that makes me angry? Make a list of things that make me angry and share with a close friend? Research ways to control my anger?



Day 15 – Today I will marvel at the gift of **LANGUAGE and WORDS**. I will hear the different accents people use and the different words they choose. I will give thanks that we can understand others' thoughts. I will learn a new word. I will ponder what an ancient and powerful gift language is.

**Proverbs 18:4 (NRSV)** The words of the mouth are deep waters; the fountain of wisdom is a gushing stream.

**How will I share this day?** Donate a book to a school? Read to a child? Really listen to a friend?