

Summer Intentions—Week 6

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

I intend to spend this day with God.

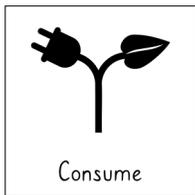
I intend to share my joy.



Day 26 – On this day I will practice **LISTENING**. I will really listen to birds and clocks and traffic and boiling pots. Most of all I will quiet my mind and really listen to people – what they say and how they say it. I will not judge or rebut; I will be curious and respectful.

James 1:19 (NRSV) You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger;

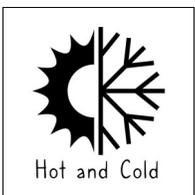
How will I share this day? Record my feelings about today in a memo app and listen to it? Listen to others who have tried this Intention? Listen to people telling their own stories on Story Corps?



Day 27 – Today I will be aware of how much I **CONSUME**. How much food will I eat? How many pieces of paper will I use? How much gasoline? How much toothpaste? How much plastic? What are all the things that I use up today? I will be thankful and watchful and maybe amazed.

Corinthians 10:31 (NRSV) So, whether you eat or drink, or whatever you do, do everything for the glory of God.

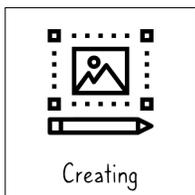
How will I share this day? Graph or charts? Dinner conversation? Journal entry?



Day 28 – Today I will delight in **HOT and COLD**. I will notice the hot coffee or tea. I will pause to notice the cold of the ice water. Is the table top cool? Or warm? Is the floor cooler or warmer? Do I have hot water at the turn of a tap? Or is all the water cold? How amazing that we can distinguish and appreciate hot and cold!

Revelation 3:16 (NRSV) So, because you are lukewarm, and neither cold nor hot, I am about to spit you out of my mouth.

How will I share this day? Make a cold pudding and share with a friend? Give blankets and jackets to a shelter? Thank the fish seller who works with ice all day?



Day 29 – Today I will enjoy the thrill of **CREATING**. I will bring things together – pigment to paper, or different foods, or clay and water, or different words – to create something new. We share with God the joy of co-creating. I will bring things together today and delight in the new creation – art!

Exodus 31:3 (NRSV) I have filled him [Bezalel] with divine spirit, with ability, intelligence, and knowledge in every kind of craft, to devise artistic designs.

How will I share this day? Bake bread? Color pictures? Make a centerpiece from stones and twigs and leaves?



Day 30 – Today I will be aware of the gift of **READING**. Most of us who are doing these intentions can read. It is an amazing skill. Some struggle with it. Some cannot read at all. Some would like to, but were never helped. While our species survived without it for a long time, living in today's culture without it is very difficult. I will notice how many times today I read instructions, street signs, news, directions. I will realize the privilege of that skill.

Jeremiah 30:2 (NRSV) Thus says the LORD, the God of Israel: Write in a book all the words that I have spoken to you.

How will I share this day? Volunteer at a literacy class? Read to a child? Donate books to a shelter? Send books to a prison? Inmates are hungry for reading material – usually books must be new and come directly from a merchant. Check with the facility before sending any books.