

Summer Intentions—Week 7

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.



Color

Day 31 – Today I will delight in **COLOR**. I will notice the endless shades of color and how the sunlight or shade or time of day seems to change the colors. I will ponder the names we give colors – are all greens the same? I will notice how different colors can affect my emotions. I will give thanks for this extraordinary gift and walk through a world of color today.

Revelation 4:3 (NRSV) And the one seated there looks like jasper and carnelian, and around the throne is a rainbow that looks like an emerald.

How will I share this day? Paint? Crayons? Chalk? Photos?



Rocks

Day 32 – On this day I will notice **ROCKS** and stones. They are everywhere. Our planet is literally made from rock. But sometimes we look right past them. Big? Little? Sharp? Smooth? Colors? Gray? Are they being used as decoration, or building materials, or are they “wild”? These rocks, even the most humble, have been around for eons. What stories they could tell!

1 Peter 2:4 (Inclusive Bible) Come to Christ – a living stone, rejected by mortals but approved nonetheless, chosen and precious in God’s eyes.

How will I share this day? Collect some pretty stones? Learn the kinds of rock near my home? Plan a rock garden? Write a story from a rock’s point of view?



Music

Day 33 – Today I will delight in **MUSIC**. I will tap out rhythms on a table. I will hum a song I know. I will hear music in the wind, in the traffic, in crickets and frogs chirping at night. I will be curious about how important music is to humans – how we alone make and listen to music. We thank and praise God with music.

Psalms 96:1 (NRSV) Sing to the Lord a new song; sing to the Lord, all the earth.

How will I share this day? Compose a new song? Sing songs with friends?



Noses

Day 34 – I intend today to notice **NOSES**. This will be fun! There are so many shapes of noses. Wide, narrow, long, or short? Freckled, lumpy, crooked, or straight? All noses are beautiful! Did someone sneeze? Was it huge and loud? Or small and dainty? Once? Or many times? Dogs’ noses – long or snubbed? What do dogs smell that we can’t even imagine? Today I will acknowledge how much God loves diversity!

Genesis 2:7 (NRSV) then the LORD God formed *the human* from the dust of the ground, and breathed into *the* nostrils the breath of life; and *the human* became a living being.

How will I share this day? Take photos or draw pictures (always ask for permission first!)? Play a game of identifying spices by their smell with friends? Donate some air freshener to a shelter?



Time

Day 35 – Today I will ponder the mysteries of **TIME**. Some times seem to speed by. Some times seem to drag endlessly. We count time by sunrises and sunsets, by the changing of seasons, by the ticking of clocks. Today I will be aware of how I use the time in this day. I will appreciate the 24 golden hours given to me today.

Psalms 90:12 (NRSV) Teach us to count our days that we may gain a wise heart.

How will I share this day? Start a With-God calendar? Set a timer and sit quietly for one minute? Or maybe 20 minutes?