

Tuesday

Scripture

Morning Psalms 34; 146 | First Reading Lamentations 1:17-22
Second Reading 2 Corinthians 1:8-22 | Gospel Reading Mark
11:27-33 | Evening Psalms 25; 91
<https://www.presbyterianmission.org/devotion/daily/2020/4/7/>

Prayer

"Creator God, enable us to see the earth as you see it, as good-
even where it is fallen, and to imagine what we can do as a part of this good
creation to serve and preserve the
goodness that you mean the earth to embody. Amen"
2020 Lenten Devotional

<https://presbyearthcare.org/wp-content/uploads/2020/01/2020-Lenten-Study-012920-web.pdf>

Activities

- Make a "river" to reflect on God's creation.
- Read "1st Sunday, Seeing as God Sees" from the Presbyterians for Earth Care Devotional.
- Learn how to Compost <https://rhythmsofplay.com/composting-with-kids-closing-the-circle/>.
- Plant seeds or a native tree.
- Go outside without your phone & observe something of God's creation (a tree, flower, animal, etc.).

Song

How Great Thou Art

<https://www.youtube.com/watch?v=8BLo6fxHPVo>

Recipe

Walking Tacos - Take them outside!

<https://julieblanner.com/walking-tacos/>

Craft

Marbled Eggs,
Paper Weaving Easter Basket,
& Coloring Pages

Workout

Each day will build up.
for more intensity repeat
more times.

- 20 Squats
- 20 Second Plank and Pray
- 20 Jumping Jacks
- 20 Lunges on each leg
- 15 Push Ups
- 20 Crunches

After Work Out Stretch

- 20 Second hands to toes standing
- 20 Second hands to toes sitting
- 20 Second twist to each side
- 10 Slow & deep breaths
- Pray out