

Wednesday



Scripture

Morning Psalms 5; 147:1-11 | First Reading Lamentations 2:1-9
Second Reading 2 Corinthians 1:23-2:11 | Gospel Reading Mark 12:1-11
Evening Psalms 27; 51
<https://www.presbyterianmission.org/devotion/daily/2020/4/8/>

Prayer



"God of the lost, the least, and all who long for home, when we wander from your ways and waste the gifts you have given us, welcome us back, we pray, so that we may celebrate and rejoice in your presence forever; through Jesus Christ your beloved Son. Amen"
Luke 15:1-3 PCUSA Mission Agency 2011

Activities

- Bible Story Illustration Challenge
- Local Food Pantry Scavenger Hunt

Song



Be Thou My Vision
<https://www.youtube.com/watch?v=Optrm7lF16s>

Recipe

Sheet Pan Pizza
<https://theinspiredhome.com/articles/homemade-sheet-pan-pizza-recipe>

Craft



Stone Painting
Friendship Bracelets
& Coloring Pages

Workout



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

- 25 Squats
- 25 Second Plank and Pray
- 25 Jumping Jacks
- 25 Lunges on each leg
- 20 Push Ups
- 25 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
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