

Thursday

Scripture

Morning Psalms 27; 147:12-20 | First Reading Lamentations 2:10-18
| Second Reading 1 Corinthians 10:14-17; 11:27-32 | Gospel
Reading Mark 14:12-25 | Evening Psalms 126; 102

<https://www.presbyterianmission.org/devotion/daily/2020/4/9/>

Prayer

"Holy One, you are our comfort and strength in times of sudden disaster, crisis, uncertainty, & chaos. Surround us now with your grace and peace. By your Spirit, lift up those who work to keep us safe, and fill us with the hope of your new creation; through Jesus Christ, our rock and redeemer. Amen"

Adapted from PCUSA Mission Agency

https://www.pcusa.org/site_media/media/uploads/pda/pdfs/prayersintimesoftroubleanddisaster.pdf

Activities

- Maundy Thursday at Home Interactive Upper Room
- Hand washing: A Spiritual Practice for Maundy Thursday
- Play Dough Placemat

Song

You Say

<https://www.youtube.com/watch?v=sIaT8Jl2zpI>

Recipe

Unleavened Bread

<https://www.alyonascooking.com/unleavened-bread-matzah>

Artisan Bread

<https://www.itsalwaysautumn.com/homemade-artisan-bread-easiest-bread-recipe-ever.html>

Craft

Table Setting,
DIY Air Dry Clay,
& Coloring Pages,

Workout

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

- 30 Squats
- 30 Second Plank and Pray
- 30 Jumping Jacks
- 30 Lunges on each leg
- 25 Push Ups
- 30 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