

Good Friday



Scripture

Morning Psalms 22; 148 | First Reading Lamentations 3:1-9, 19-33

Second Reading 1 Peter 1:10-20 | Gospel Reading John 13:36-38

Evening Psalms 105; 130

<https://www.presbyterianmission.org/devotion/daily/2020/4/10/>

Prayer



"Eternal God, your Son cried out in anguish from the cross, and you delivered him. Do not hide your face from those who cry out to you.

By his death and resurrection bring life where there is death: feed the hungry, strengthen the weak, and break the chains of oppression, that all people may rejoice in your saving deeds through Jesus Christ, our Savior and Lord. Amen."

BCW 946

Activities

- DIY Indoor Fort
<https://pillow.netterest.com/?p=59761>
- Yoga For All Ages. End in Prayer.
<https://www.youtube.com/watch?v=dF7O6-QabIo>

Song



Reckless Love

<https://www.youtube.com/watch?v=osNqRZiB7Ts>

Recipe



Skirt Steak Gyros

<http://www.justalittlebitofbacon.com/grilled-skirt-steak-gyros/>

Craft

Painters Tape Cross
& Coloring Pages

Workout

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

- 35 Squats
- 35 Second Plank and Pray
- 35 Jumping Jacks
- 35 Lunges on each leg
- 30 Push Ups
- 35 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

