

Palm Sunday



Scripture

Morning: Psalms 84; 150 | First Reading: Zechariah 9:9-12
Second Reading: 1 Timothy 6:12-16 | Gospel Reading: Zechariah
12:9-11, 13:1, 7-9 | Evening Psalms: 42; 32
<https://www.presbyterianmission.org/devotion/daily/2020/4/5/>

Prayer

"God in highest heaven, how humbly you enter our world to reign: in Christ Jesus on dusty road, riding a donkey. Help us to pave the way for your eternal realm with our prayer and praise, with our service and love, until the very stones cry out at the coming of your new creation; through Jesus Christ our Lord. Amen"
Luke 19:28-40, PCUSA Mission Agency

Activities

- Drive by or bike ride waving palms around your neighborhood (cut out recycled cardboard palms or cut palms from an area that needs trimming to be environmentally conscious).
- Palm Sunday driveway chalk "Hosanna!", "Hosanna in the Highest!" & chalk art palms, sunshine, flowers donkey, words of praise and messages of encouraging messages.
- Hang a palm on your front door or mailbox for the week!

Song

The Blessing

<https://www.youtube.com/watch?v=uZ55mDL7dAo>

Recipe

Chicken & Biscuits Skillet Pot Pie

<https://www.plattertalk.com/chicken-skillet-biscuit-pot-pie/>

Craft



Palm Crosses,
Holy Week Palm Banner,
Palm Paper Cut Cut & Color,
& Coloring Pages

Workout

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

- 10 Squats
- 10 Second Plank and Pray
- 10 Jumping Jacks
- 10 Lunges on each leg
- 5 Push Ups
- 10 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