

Saturday

Scripture

Morning Psalms 43; 149 | First Reading Lamentations 3:37-58
Second Reading Hebrews 4:1-16 | Gospel Reading Romans 8:1-11
Evening Psalms 31; 143
<https://www.presbyterianmission.org/devotion/daily/2020/4/11/>

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

- Nature Impressions with Air Dry Clay (*leftover from Thursdays Craft*)
- Build an Easter Cross Challenge -*Use what you have to build a big Easter Cross!*

Song

Great is Thy Faithfulness

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

Recipe

Blueberry French Toast Casserole

https://laughingspatula.com/blueberry-cream-cheese-french-toast-casserole/?utm_term=french%2otoast&utm_campaign=4052093878

Craft

Rustic Stick Cross,
Nature Print Eco Friendly Eggs,
& Coloring Pages

Workout

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

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

After Work Out Stretch

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