

Monday

Scripture

Morning Psalms 119:73-80; 145 | First Reading Lamentation 1:1-2, 6-12 | Second Reading 2 Corinthians 1:1-7
Gospel Reading Mark 11:12-25 | Evening Psalms 121; 6
<https://www.presbyterianmission.org/devotion/daily/2020/4/6/>

Prayer

"Christ our Savior, you call us by name, leading us from death into eternal life. Awaken and unbind us by your Word, so that we may live and grow in faith, sharing your saving love with others; for you are the resurrection and the life. Amen"
PCUSA Mission Agency

Activities

- Hand Prayer Activity.
- Send a postcard/letter to an elderly friend or church member.
- Call 2 people & text 5 people to see how they're doing.
- Thank 10 healthcare professionals, teachers, grocery store workers, sanitation workers, truck drivers, restaurant workers, & other essential business workers/first responders.

Song

Lean on Me

<https://www.youtube.com/watch?v=rdlPVBvkr-s>

Recipe

Southern Banana Pudding

<https://todayscreativeideas.com/monday-munchies-southern-homemade-banana-pudding/>

Craft

**Window Paper Garland
& Coloring Pages**

Workout

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

- 15 Squats
- 15 Second Plank and Pray
- 15 Jumping Jacks
- 15 Lunges on each leg
- 10 Push Ups
- 15 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