

DEFINE YOUR DAYS

So teach us to number our days
that we may get a heart of wisdom.
Psalm 90:20 ESV

Sabbath Sunday	Meditation Monday	Together Tuesday	Wellness Wednesday	Thankful Thursday	Friday Friday	Serving Saturday
<p>Remember the Sabbath day, to keep it holy. Exodus 20:8</p> <ul style="list-style-type: none"> • Praise God for all He has done for you • Spend time in worship today • Worship with the Word of Life family on-line • Watch on-line church services from around the world • Take a nap • Your own idea! 	<p>I have stored up your word in my heart, that I might not sin against you. Psalm 119:11</p> <ul style="list-style-type: none"> • Memorize a verse of Scripture • Use a “verse-a-day” app online (verseoftheday.com, christianity.com, youversion) • Read one chapter of Proverbs • Read a red letter verse (words of Jesus) • Read a verse in multiple versions of the Bible • Write your verse of the day on your mirror or on the driveway • Your own idea! 	<p>For where two or three are gathered in my name, there am I among them. Matthew 18:20</p> <ul style="list-style-type: none"> • Take a walk with your spouse • Eat a meal together (use the good china and cloth napkins) • Hug your children • Call a friend or family member and share a memory • Sing a verse of your favorite hymn/song with a friend • Pray out loud with someone else (in person, across the fence, on the phone) • Your own idea! 	<p>For I will restore health to you, and your wounds I will heal, declares the Lord Jeremiah 30:17</p> <ul style="list-style-type: none"> • Try a new activity (craft, puzzle, new recipe) • Take a walk with a friend • Walk the dog • Have a family “dance off” • Plant a garden • Take a bike ride • Take a virtual tour of a museum or zoo • Work a crossword puzzle • Your own idea! 	<p>Oh give thanks to the LORD, for he is good, for his steadfast love endures forever! Psalm 107:1</p> <ul style="list-style-type: none"> • Every time you wash your hands, think of three things you’re thankful for • Write a thank-you note to your DCE, pastor, teacher or other leaders in your life • Call a distant family member • Pray through scripture (choose a passage and personalize it to your current circumstances so you see your life through God’s lens. • Keep a journal of thanksgivings • Your own idea! 	<p>Rejoice in the Lord always; again I will say, rejoice. Philippians 4:4</p> <ul style="list-style-type: none"> • Tell a joke • Play a fun game (Charades, Heads Up, Pictionary) • Watch funny videos (check out some of the creative quarantine related ones) • Have a tickle fight • Set up your tent and go camping in the living room • Build a blanket fort • Pop some popcorn and watch a classic comedy • Write “Smile” on your bathroom mirror • Your own idea! 	<p>Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me. Matthew 25:40b</p> <ul style="list-style-type: none"> • Call a friend or neighbor to see if they need anything • Sew a mask to share with a friend • Donate food to RACAP • Donate diapers to Resources for Women • Volunteer with Operation Backpack • Write encouraging words/pictures on your driveway to share with the neighbors • Your own idea!