

LENTEN PRACTICES WEEK 3 :: SUNDAY MARCH 24TH – MARCH 30TH

Within the 7 boxes are practices to explore during this third week of Lent. Each invites you to strengthen your relationship with God through prayer, scripture, and care for God's creation. You may choose a box a day or do only the ones that connect with you; or you may stick with one box for the week. However you choose to walk this Lenten week, may these practices draw you closer to God, and strengthen your understanding of what it means to follow and partner with God in this season of faith and action.



READ JOHN 3:1-21

What memories do you have that connect with these verses? What stands out to you? What surprises you in these verses? What questions bubble up for you reading this familiar passage?

What do they say about our vertical faith (our faith directed up to God)?

What do they say about our horizontal faith (our faith that directs us out <- -> and into relationships with humanity and care with the world)?

How can John 3 move you to love this week?

PRAY for those with breathing issues: asthma, allergies, COPD, and those in the areas of recent fires. Pray also for the vulnerable in the cities with great pollution such as Mexico City, Guatemala City, and Palín – not forgetting the vulnerable right here in Oakland and the East Bay.



CONSIDER THE BIRDS OF THE AIR AND MAKE A BIRD FEEDER.

Tie a piece of string around a pinecone, mix ½ cup peanut butter and oatmeal, smear on pinecone and roll in bird seeds, hang it in a tree.

Or make one using a plastic bottle this link will show you how.

[Eco How: How to make a Bird Feeder from a Plastic Bottle - YouTube](#)

REWRITE PSALM 19 IN YOUR OWN WORDS.

Make it your own Psalm of praise!

¹ The heavens are telling the glory of God; and the firmament proclaims his handiwork....

¹⁴ Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer.

May this Psalm open your spirit to more praise as you see it in your own words and experiences.

Where can you lift praises to God with more attention in the coming week?

Created by Rev. Sharyl Dixon of Kingston Presbyterian Church, New Jersey.
www.kingstonpresbyterian.org



HOW FEW COULD YOU DO?

Survey your coming week, looking over your schedule and take the challenge! Try to be strategic about your errands and trips in the car. Try to reduce extra trips and driving. It saves you time, gas and it helps care for the air. #aircare

LIFT YOUR EYES~

Watch a sunrise or sunset from your front door, at Lake Merritt or online.

Also watch the sky this week and give thanks, as the different skies help us claim the promise that God is with us in the different seasons we walk.



TAKE A WALK THIS WEEK PRAYING FOR THE CREATURES OF THE AIR

Ask the Holy Spirit to breathe new life into you as you continue to seek God's kingdom here on earth as it is in heaven.