

## Daily Intentions for Advent

This week's intentions

Day 1 (Dec 3) – Today I will notice paths. Sidewalks, streets, walking paths – how do they meet? What do they feel like under your feet? How about the path that raindrops take down a window? Or ants moving food? Or birds following an invisible path in the air? Amazing! (Psalm 25:4) Share – Make a map? Give someone directions? Tell a story about 2 roads that diverged in a yellow wood?

Day 2 (Dec 4) – Today I will marvel at our ability to learn and teach. Scientists tell us that these are instincts that humans have. I will strive to learn something new. I will teach someone what I learned. I will be aware all day of the miracle of learning. (Psalm 25:4) Share – Social media? Write a letter? Volunteer to mentor at a school?

Day 3 (Dec 5) – Today I will ponder our ability to understand quantity. How many? How much? More or less? Is it growing or shrinking? How saturated is the color? It is incredible and important that we can distinguish quantity. This is a good time of year to think about how much. (1 Thessalonians 3:12) Share – Make a chart? Build a tower of boxes with someone? Share a recipe? Give a little more?

Day 4 (Dec 6) – Today I will notice and delight in birds. Are there any bird calls in the morning? Are birds flying? Walking? Big? Small? What are their colors? What about pictures of birds symbolizing hope or the Holy Spirit? (Matthew 6:26) Share – Take a photo? Start a list of bird sightings? Volunteer at a bird sanctuary?

Day 5 (Dec 7) – Today I will be aware of reflections. In mirrors, in windows, on the sides of cars, in puddles of water...how is the light dancing? What do you see? How are the reflections the same as what you perceive? How are they different? (Proverbs 27:19) Share – Tell what you found at the dinner table? Give a mirror to charity? Be a reflection of Christ in the world?

Day 6 (Dec 8) – Today I will be aware of my feet. Feet have as many as 20,000 nerve endings on the soles! What are my feet feeling? Are they hot? Cold? Is the floor smooth? Bumpy? Can I wiggle my toes or flex my foot? (Luke 1:79b) Share – Give a foot massage? Make a wet footprint on the floor? Give a pair of shoes to charity?