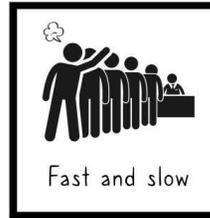


Lord of Life
LUTHERAN CHURCH

3801 South Panther Creek Dr.
The Woodlands TX 77381
www.LordofLifeOnline.org



Day 37 (Wednesday): Today I will be tuned into **fast and slow**. When does time seem to fly by? When does time drag? Who or what is moving faster than me and what is moving slower? Is the wind blowing hard – or softly? When can I control how fast I go, and when do I need to go slowly?

Psalm 70:

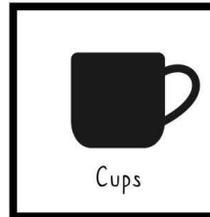
But I've lost it. I'm wasted.

God – quickly, quickly!

Quick to my side, quick to my rescue!

God, don't lose a minute.

How will I share this day? Donate a clock to a thrift shop? Walk slowly with an older friend, and quickly with a child? Tell a story about when you felt God at your side quickly?



Day 38 (Maundy Thursday): Today is a wonderful day to be aware of **cups**. Cups, mugs, glasses, tumblers, bottles – what are people drinking from? What colors and what textures? In church today we will talk about Jesus eating and drinking with his friends – then, after dinner, blessing the cup. I will ask God's blessing on all who drink from any kind of cup today.

Psalm 116:

What can I give back to God

for the blessings God has poured out on me?

I'll lift high the cup of salvation – a toast to God!

How will I share this day? Treat a friend to a cup of coffee? Pay for the person behind me in line at a fast food restaurant? Remember Jesus' new commandment to love one another?

Please continue your journey. Join us for Holy Week worship:
Good Friday * Saturday Vigil * Resurrection Sunday



Lenten Intentions—Holy Week

I intend to live this day with all
the curiosity and imagination that God gave me.
I intend to live this day with God.
I intend to share it.

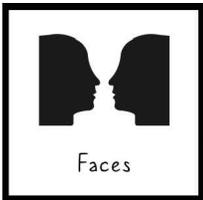


Day 35 (Monday): Today I will keep a watch out for **wings**. On birds, on insects? In advertising? On airplanes? Watch a video of a monarch caterpillar getting its wings? <https://www.youtube.com/watch?v=fxJD9kn8OQk> Or “eat our fill at the banquet...” of buffalo hot wings?

Psalm 36:

How exquisite your love, O God!
How eager we are to run under your **wings**,
To eat our fill at the banquet you spread
You’re a fountain of cascading light,
and you open our eyes to light.

How will I share this day? Share a meal of chicken wings with friends? Put some seeds in a bird feeder? Plant some milkweed to support Monarch butterflies?



Day 36 (Tuesday): Today I will be aware of **faces**. When I look in a mirror, do I see a beloved of God? When I look in the faces of other people, do I gasp in alarm? Today I will look at faces with God-eyes. I will see faces filled with beauty.

Psalm 71:

Many gasp in alarm when they see me,
but you take me in stride.
Just as each day brims with your beauty,
My mouth brims with praise.

How will I share this day? Send a selfie to a friend or parent? Look at old photos with an elderly friend?

Lent 2019 *Create in Me*

**“Create in me...
A clean heart, O God
And renew a right spirit within me.
Cast me not away from your presence
And take not your holy spirit from me.
Restore unto me the joy of your salvation
And sustain in me a willing spirit.”**

(Psalm 51:10-12)

This Lenten season we invite you to embark on a deeper spiritual journey, as we turn inward toward matters of the heart and spirit. Our culture has gotten lost in twittering, Facebooking, emailing, incessant entertainment, pressures to achieve, and reactivity to news broadcasts. Many of these intrusions leave us unfocused, frustrated, fearful and angry. We want you to join with your sisters and brothers of the faith in a refreshing journey inward, away from the craziness “out there.” For indeed, any change out there starts with a change “in here” – in our hearts, as we let the word of God sink more deeply into our psyches and our souls, where the new creation starts. Look for liturgical art, music, scripture and prayer to care for yourself on your journey to new creation. You will find that you are more deeply grounded in the unconditional love and grace of God that comes flowing to us from the cross of Christ.

On Ash Wednesday, March 6, we begin the journey at our noon and 7pm worship with the profound reminder that, apart from the breath of God in us, we are but ashes and dust. Yet as people of faith, we live in the sure and certain hope of the resurrection to eternal life. In the eternal life that we experience here and now, we allow ourselves to journey more deeply into God's unconditional love.

Come, join us on this very old and yet ever new journey of the heart. We hope you will come out on Resurrection (Easter) Sunday feeling more deeply that God has granted you the request which is at the heart of our season –
“Create in me a clean heart, O God”

Grace and Peace,
Pastor Gary

Lent and Easter 2019

Lent begins Ash Wednesday, March 6.

Join us for Imposition of Ashes at noon and 7pm.

On Ash Wednesday, the first day of Lent, we are marked with ashes — a sign of our death and of our sorrow for sin. The ashes trace a cross on our forehead, where the baptismal water first marked us with the cross of Jesus, God's grace.

Lent continues Wednesday at 7pm:
March 13, 20, 27, April 3, 10
Soup Supper starts at 6pm.



All are welcome!

Lord of Life Lutheran Church
3801 S. Panther Creek Drive, The Woodlands TX
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How will I share this day? Make a song from the sound of raindrops?
Donate rain gear to a charity?



Day 33 (Friday): This is a great day to think about **harvest**. We usually only use this word for food – and while many of us see fresh produce in the grocery stores, I will think about those who do not and why this is. But also I will think about the harvest of benefits from a good habit. The harvest of knowledge from reading good books. The harvest of beauty from the work of craftsmanship. Where else will I see harvests?

Psalm 126: So those who planted their crops in despair will shout hurrahs at the harvest.

How will I share this day? Take photos of as many kinds of harvest as I find? Find out if the local foodbank will accept fresh veggies, or take some to a neighbor?



Day 34 (Saturday): Today I will intentionally pray for God's **blessing** on those with heavy hearts. I will send my prayers silently on the street, at work, in class or at home. I will hold compassion for all people in my heart.

Psalm 126: So those who went off with heavy hearts will come home laughing, with armloads of blessing.

How will I share this day? Write cards to people I know who are sick or sad? Bake cookies for a friend who is down?

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Lenten Intentions—Week 5

I intend to live this day with all
the curiosity and imagination that God gave me.

I intend to live this day with God.

I intend to share it.



Day 29 (Monday): Today I will think about **dreams**. Both the kind that come when you sleep, and the kind that lay forth a vision of a good future. What dreams have I had? What dreams do I have for my future? What could make those dreams come true?

Psalm 126: It seemed like a dream, too good to be true.

How will I share this day? Start a dream journal? Share dreams with friends or family?



Day 30 (Tuesday): I will be aware of **song** today. Specifically, the emotion of songs. Happy? Sad? Does an old song bring good memories? Songs can unite us when we sing together. It can bring very powerful emotions. Do I see people singing along with the radio? Or in the grocery store?

Psalm 126: We laughed, we sang, we couldn't believe our good fortune.

How will I share this day? Sing some old songs with family or friends? Write down a list of songs and pair them with the emotions they bring?



Day 31 (Wednesday): Today I will be on the lookout for **happy people!** In cars, at work, in class, in the bus – search their faces and see who looks happy! Even in magazines or on tv, who are the happy people?

Psalm 126: God was wonderful to us; we are one happy people.

How will I share this day? Photos? Plan a party that makes people happy?



Day 32 (Thursday): Today I will be aware of **rain**. Is it raining? Did it rain recently? Has it not rained for a long time? Can I remember the feel of rain on my face? Can I think of the sound of rain on the window? Can I think of a favorite umbrella that I had? Or the smell of wet dogs coming in from the rain?

Psalm 126: And now, God, do it again – bring rains to our drought stricken lives.

Holy Week 2019

Palm Sunday is April 14

8:20 * 9:45 * 11:05am

We remember and celebrate the day Jesus entered into Jerusalem as Savior and King.

Maundy Thursday, Thursday, April 18

Sedar Meal 6pm

The church remembers Christ's last supper in the upper room with his disciples, and his servant-act of washing their feet.

First Communion & Stripping of the Altar 7:30pm

This symbolizes the abandonment of Jesus by his disciples and the stripping of Jesus by the soldiers before his crucifixion. It represents the humiliation of Jesus and the consequences of sin as a preparation for the celebration of new life.

Good Friday is Friday, April 19

Tenebrae Worship at noon and 7pm

We remember the day Jesus willingly suffered and died by crucifixion as the ultimate sacrifice for our sins. We commemorate Jesus' death on the cross. (Tenebrae = Latin for "shadows" or "darkness") Includes the gradual dimming of the lights and extinguishing of candles. The Christ candle is removed from the sanctuary and a concluding "Strepitus" or loud noise (slamming shut the Bible) symbolizes the earthquake and agony of creation at the death of Christ.

Egg Hunt Saturday, April 20

For Toddlers through 4th graders featuring a visit from the Easter bunny and a bounce house. 9:30am Breakfast. 10am Hunt

Easter Vigil Saturday, April 20

7pm

The church keeps vigil, mourning with the disciples, buried in the death of Christ, but anticipating the Easter morn. We wait in anticipation for the light of Christ. New brothers and sisters in Christ are baptized and new members are received through confirmation or the profession of faith.

Easter Sunday is April 21

He is risen! Resurrection Sunday

Sunrise Worship in courtyard 6:30am *

In Sanctuary 8:20 * 9:45 * 11:05am

Easter Breakfast 8am to noon.



Lenten Intentions—Ash Wednesday

I intend to live this day with all
the curiosity and imagination that God gave me.

I intend to live this day with God.

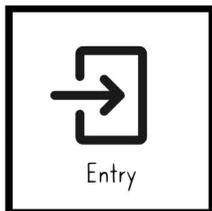
I intend to share it.



Day 1 (Wednesday): I will start this time of intentions by noticing new **starts**. The first snowflake of a shower? The tip of a bud poking through the soil? The first paragraph of a book? The first “hello” with a new person?

Psalm 51: God, make a fresh start in me.

How will I share this day? Start a new healthy habit? Start a new friendship? Start something helpful!



Day 2 (Thursday): I will notice places of **entry**. Not just doors - but mouths, passageways, gates, the top of a cup, plant roots... Why do my fingers get pruney in water? How does water get into my home? How does sunlight get into my room?

Psalm 51: Enter me, then; conceive a new true life.

How will I share this day? Enter into a new hobby or volunteer opportunity? Welcome a friend into my room? Volunteer to feed animals at a shelter?



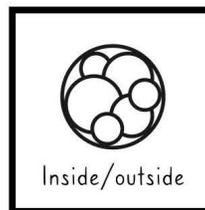
Day 3 (Friday): Today I will notice **steps**. My footsteps. Others’ footsteps. How many? How fast? How slow? Regular pace, or irregular? Dancing? Walking? Running? How about the instructional steps of a recipe or a plan?

Psalm 51: I’ve been out of step with you for a long time....Tune me in to foot-tapping songs.

How will I share this day? Walk in step with a friend (don’t forget to laugh about it!)? Learn or teach some dance steps? Step up and volunteer for something!

Psalm 32: God holds nothing against you.

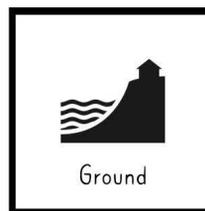
How will I share this day? Donate clothes to charity? Forgive someone?



Day 27 (Friday): Today I will think about **inside and outside**. Inside or outside of the house, or building or car? Inside or outside of the room or the shower? Inside or outside a social group? Inside or outside the law (what was the speed limit?)?

Psalm 32: When I kept it inside, my bones turned to powder.

How will I share this day? Write down something that has been locked inside. Get it out. Share with a trusted friend?



Day 28 (Saturday): On this day I will be aware of the **ground**. What is under my feet? Soil? Concrete? Wood? Grass? Is it wet? Crunchy? Soft? Do my shoes make a loud noise? Or is it quiet?

Psalm 32: When the dam bursts we’ll be on high ground, untouched.

How will I share this day? Invite a friend for a walk? Walk on as many different surfaces as possible? Help with a spring cleanup at a church or school?



Lenten Intentions—Week 4

I intend to live this day with all
the curiosity and imagination that God gave me.
I intend to live this day with God.
I intend to share it.



Count

Day 23 (Monday): Today I will be amazed at our ability to **count**. Other kinds of animals can count but humans can count way beyond our fingers and toes. Today I will notice how many...trees? Houses? Are there more white shirts or red shirts? How many letters in the mail for us? How many peas on my plate at dinner time?

Psalm 32: Count yourself lucky, you get a fresh start.

How will I share this day? Does my church need someone to help count offering? Teach a young child to count to 10?



Bones

Day 24 (Tuesday): I can't move around without **bones**. Today I will be aware of my bones -- the magic of our bones supporting us. No matter what another person looks like on the outside, their bones look like mine! I will go through my day aware and thankful for my bones.

Psalm 32: When I kept it inside, my bones turned to powder.

How will I share this day? Jump rope with a young friend? Learn the names of a few bones?



Words

Day 25 (Wednesday): Today I will be aware of **words**. What amazing things words are! They allow one person's thoughts to enter another person's mind! Words of all languages work the same way. Written? Spoken? Shouted? Friendly? Angry? Helpful? Loving? I will listen in a fresh way.

Psalm 32: When I kept it inside, my words became daylong groans.

How will I share this day? A story? A poem? A letter to a prison inmate or a hospital?



Holding

Day 26 (Thursday): My intention for today is to be aware of **holding**. A cup holding water, a mother holding a baby, a worker holding a box, a dog holding a ball, a bird holding a seed. Am I holding any grudges? What am I holding that I should let go?



Wind

Day 4 (Saturday): I will be aware of the **wind** today. Wind is movement of air. Wind outside. Wind from a fan. How about the steam flowing up from boiling water? Or exhaled breath? Can I see flags or branches moving in the wind?

Psalm 51: Put a fresh wind in my sails!

How will I share this day? Make a pinwheel with someone? Donate a fan to charity? Make a boiled dinner and share it?



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Lenten Intentions—Week 1

I intend to live this day with all
the curiosity and imagination that God gave me.
I intend to live this day with God.
I intend to share it.



Day 5 (Monday): I will notice today when I or others **sit**. Sitting in a chair? On the floor? Relaxed? Tense? Legs or ankles crossed? How does it feel to sit? How does it feel to get up again? Can I feel where my body touches the chair or floor?

Psalm 91: You who sit down in God's presence, say this:

"God, you are my refuge."

How will I share this day? Offer to "baby sit" a friend's child? Offer to "pet sit" a friend's dog or cat? Sit with a sick or grieving person?



Day 6 (Tuesday): Today I will ponder **shields**. This is a word we don't use much, except for warriors. But many things are shields – umbrellas? Sun shades? Safety glasses? Hats? Even coats shield us from the cold.

Psalm 91: That's right – God rescues you from hidden traps, shields you from deadly hazards.

How will I share this day? Offer to share an umbrella? Donate coats to a charity? Stand with someone who is being bullied?



Day 7 (Wednesday): I will delight in noticing **arms**. Big and strong? Tiny and cute? How many skin colors can I find? Are they working? Hugging? Resting? Creating?

Psalm 91: God's huge outstretched arms protect you – God's arms fend off all harm.

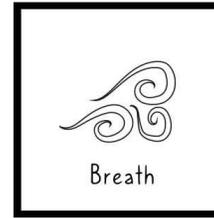
How will I share this day? Give some free hugs (always ask first!!)? Help carry groceries in for a neighbor?



Day 8 (Thursday): Today is a great day to ponder **homes**. Houses, apartments, nests, webs, caves? Who lives in the homes? Many people or only one? How can I make my home welcoming? How can I help those who don't have a home?

Psalm 91: The High God (is) your very own home.

How will I share this day? Volunteer at a homeless shelter? Volunteer at a pet shelter? Help someone clean their home?



Day 20 (Thursday): I can't be aware of every **breath** I take all day, but I can bring my attention back to my breath many times during the day. I will notice how my chest moves and how the air feels in my nose and in my throat. I will take a deep breath and I will take short breaths. Can I see my breath in the cold air?

Psalm 63: I bless you, God, every time I take a breath.

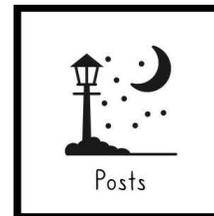
How will I share this day? Create a "breath prayer" where I bless God with each breath? Volunteer at a nonprofit benefiting asthma or COPD victims? Light candles at the dinner table and invite guests to blow them out at the end of the meal?



Day 21 (Friday): Today I will **run and play!** And if I cannot actually be the one running and playing, I will try to find children or dogs or squirrels running and playing. I will delight in the feel of the air on my face or in the happiness in others. I will give thanks for camaraderie and laughter.

Psalm 63: Because God has always stood up for me, I am free to run and play.

How will I share this day? Help at an animal shelter – (they frequently need people to walk and play with the animals)? Play with people I love?



Day 22 (Saturday): Today I will look for **posts**, or other means of support. Under bridges? Holding up fences? Propping up a tree? Guiding me through a line? Holding electric and phone lines high above me? Lighting the streets?

Psalm 63: I hold on to you for dear life, and you hold me steady as a post.

How will I share this day? Take photos? Help a nonprofit post signs?

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Lenten Intentions—Week 3



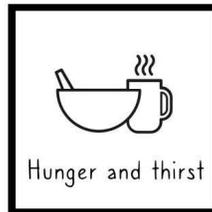
I intend to live this day with all
the curiosity and imagination that God gave me.
I intend to live this day with God.
I intend to share it.



Day 17 (Monday): Today I will delight in seeing **God** everywhere! I will see God in all of creation. I will see God in all people. I will see God in every example of love. I will see God even in the things that are sad or lonely or not beautiful.

Psalm 63: God – you’re my God! I can’t get enough of you!

How will I share this day? Write a letter to someone in prison? Write a poem about the things I noticed today? Make a donation to an organization doing God-work?

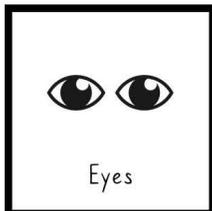


Day 18 (Tuesday): On this day I will be aware of **hunger and thirst**. I will notice how it feels to be thirsty and how wonderful the water feels in my mouth and throat. I will notice how it feels to be hungry – and decide if it is real hunger or another trigger, like seeing pictures of food, that makes me feel hungry. I will notice when others are

hungry or thirsty. I will honor those who fast as a form of prayer.

Psalm 63: I’ve worked up such a hunger and thirst for God.

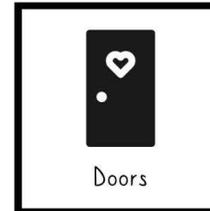
How will I share this day? Put a bird feeder in the yard? Donate dog food to a shelter? Work in a soup kitchen or food bank?



Day 19 (Wednesday): Today I will notice **eyes**. Brown? Blue? Hazel? Glasses? Big? Narrow? Dog eyes? Cat eyes? Bird eyes? Fish eyes? What a delight to see all the different eyes! What are they looking at? What a miracle eyes are!

Psalm 63: So here I am in the place of worship, eyes open.

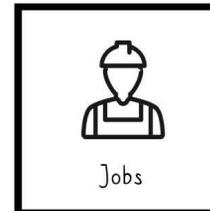
How will I share this day? Donate my old glasses to Lion’s Club? Draw a picture of a friend’s eyes?



Day 9 (Friday): Last week I thought about entries, today I will look at **doors**. Indoor? Outdoor? Does it have a window? Does it lock? Is it wood or metal? Is it pretty? What does that door say about what is behind it?

Psalm 91: Evil can’t get close to you, harm can’t get through the door.

How will I share this day? Write a letter to someone in jail (who is behind locked doors)? Help to decorate the bedroom door of a neighbor child? Knock on the door of a neighbor I don’t know and introduce myself?



Day 10 (Saturday): Today I will notice **jobs**. Workers delivering mail, driving busses, stocking shelves in the grocery, teaching, gardening, healing, helping, creating. Whew! Lots of jobs! I will delight in the vast array of kinds of people doing these jobs!

Psalm 91: (God’s angels) job is to keep you from falling.

How will I share this day? Notice and thank people for doing a good job? Keep a list of jobs I notice and compare my list with others? Do a nice job for a neighbor?





Lenten Intentions—Week 2

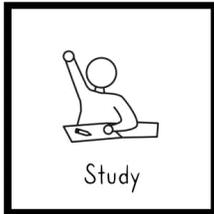
I intend to live this day with all
the curiosity and imagination that God gave me.
I intend to live this day with God.
I intend to share it.



Day 11 (Monday): This is a great day to be aware of **beauty!** Beautiful colors and sounds, and beautiful, kind words, and nature and art – it’s everywhere! I will try to notice what others think is beautiful. I will delight in their delight – even if it’s not exactly what I would call beauty! Diversity is God’s language!

Psalm 27: I’ll contemplate God’s beauty.

How will I share this day? Photos shared on social media? Or dinner time conversation? Check out a book in the library about art in other countries? Watch the sunset with a friend?



Day 12 (Tuesday): Today I will be aware of what it is like to **study.** Study is more than just hearing, it is absorbing and perhaps practicing. What do I spend time studying? Fashion? Sports? Hobbies? Gardening? What do others study? Woodworking? Quilting? Cooking? Bird watching?

Psalm 27: I’ll study at God’s feet.

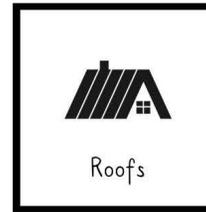
How will I share this day? Start a conversation with friends or co-workers about what they study? Start studying a new subject? Donate supplies to a school near me?



Day 13 (Wednesday): **Traffic** is what I will contemplate today. Cars? Walkers? Airplanes? Bikes? Birds flying north? Ants? Am I in the traffic or watching it? Where are all those people going? Are they cooperating (for the most part)?

Psalm 27: (God) is the perfect getaway, far from the buzz of traffic.

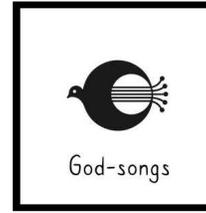
How will I share this day? Let someone pull in ahead of me? Car pool? Donate a bus pass to someone in need?



Day 14 (Thursday): On this day I will notice **roofs.** Slanted? Flat? Snow on it? Colored? Chimneys? Pipes? Does that leaf make a roof for the cricket?

Psalm 27: I’m headed for his place to offer anthems that will raise the roof!

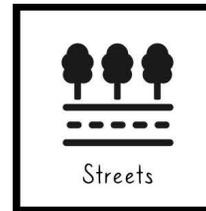
How will I share this day? Photos or drawings to share? A story about what happens on the roof? Clean gutters or ice for a neighbor?



Day 15 (Friday): Today I will think about and wonder what **God-songs** sound like. This will be fun. Are they the sounds of nature? Bird calls and insects and wind? Are they the sounds of peace among people? Apologies and compliments? Are they the sounds of love? Comfort and praise?

Psalm 27: Already I’m singing God-songs; I’m making music to God.

How will I share this day? Sing some favorite hymns together after supper? Give compliments, encouragement and thanks? Get together with friends and sponsor a deserving child who wants music lessons? Teach?



Day 16 (Saturday): On this day I will notice **streets.** Highways? Country roads? Park path? One way? Busy? Lonely? What can I tell about this street? Does it need repair? Is it well maintained? What are the economic conditions near this street?

Psalm 27: Point me down your highway, God; direct me along a well-lighted street.

How will I share this day? Draw a map of the streets I saw today? Pick up litter along a street? (Please be careful of traffic!)

