

# April 2020

## Scripture and Mindfulness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Psalm 126:2 Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, 'the Lord has done great things for them.'</p> <p>Do something that makes you laugh.</p>	<p>2 Colossians 3: 23 Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,</p> <p>Virtually visit an art museum.</p>	<p>3 Psalm 112:5 Good will come to those who are generous and lend freely, who conduct their affairs with justice.</p> <p>Find a way to be generous.</p>	<p>4 1 Chronicles 16:26-27 For all the gods of the peoples are worthless idols, but the Lord made the heavens. Splendor and majesty are before him, strength and joy are in his place. De-clutter a space in your home.</p>
<p>5 Hebrews 4:16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.</p> <p>Find a Scripture to begin memorizing.</p>	<p>6 John 13:34 Love one another. As I have loved you, so you must love one another.</p> <p>Call someone you haven't spoken to in a few weeks.</p>	<p>7 1 John 5:14 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.</p> <p>Color a prayer Mandela.</p>	<p>8 Psalm 16:11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.</p> <p>Create a message of hope to share using your favorite medium (sidewalk chalk, paint, crayons, etc.)</p>	<p>9 Psalm 90:2 Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.</p> <p>Dye Easter Eggs and notice the different color patterns.</p>	<p>10 1 Peter 2:24 He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.</p> <p>Journal about Good Friday.</p>	<p>11 1 Corinthians 13:13 So now faith, hope, and love abide, these three; but the greatest of these is love.</p> <p>Take turns hiding and seeking Easter Eggs around your house/yard.</p>
<p>12 Galatians 2:20 I have been crucified with Christ. It is no longer I who live, but Christ who lives in me.</p> <p>Fully express and experience the joy of the resurrection.</p>	<p>13 Psalm 104:24 How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures.</p> <p>Spend time observing another living thing (a bird, a squirrel, an ant.)</p>	<p>14 Romans 10:17 So faith comes from hearing, and hearing through the word of Christ.</p> <p>Practice Lectio Divina.</p>	<p>15 Ecclesiastes 2:24 There is nothing better for a person than he should eat and drink and find enjoyment in his toil.</p> <p>Bake a favorite recipe.</p>	<p>16 Colossians 4:2 Continue steadfastly in prayer, being watchful in it with thanksgiving.</p> <p>Pray through your family tree.</p>	<p>17 Proverbs 23:18 Surely there is a future, and your hope will not be cut off.</p> <p>Walk barefoot in your yard and pay attention to the different textures.</p>	<p>18 Colossians 3:14 And above all these put on love, which binds everything together in perfect harmony.</p> <p>List 10 things about your home for which you are grateful.</p>
<p>19 Romans 12:12 Rejoice in hope, be patient in tribulation, be constant in prayer.</p> <p>Unplug from technology for a day.</p>	<p>20 2 Timothy 1:7 For God gave us not a spirit of fear but of power and love and self-control.</p> <p>Try a new healthy food.</p>	<p>21 Isaiah 40:8 The grass withers, the flower fades, but the word of our God will stand forever.</p> <p>Search the clouds for different shapes and images.</p>	<p>22 Psalm 20:5 May we shout for joy over your victory and lift up our banners in the name of our God.</p> <p>Share something you find beautiful with another person.</p>	<p>23 Romans 8:26 For we do not know what to pray as we ought, but the Spirit himself intercedes for us in groanings too deep for words.</p> <p>Pray using prayer beads (or a picture of them if you don't have any.)</p>	<p>24 James 1:12 Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.</p> <p>Identify a lie you have been believing and instead work to find the truth.</p>	<p>25 1 Peter 5:7 Casting all your anxieties on him, because he cares for you.</p> <p>Take an early morning walk and notice the sights and sounds.</p>
<p>26 Psalm 30:4 Sing the praises of the Lord, you his faithful people; praise his holy name.</p> <p>Go for a drive with your windows down and your favorite music UP!</p>	<p>27 Habakkuk 2:20 But the Lord is in his holy temple; let all the earth keep silent before him.</p> <p>Spend 5 minutes in complete silence and stillness.</p>	<p>28 Psalm 31:24 Be strong and let your heart take courage, all you who wait for the Lord!</p> <p>Create a surprise for someone.</p>	<p>29 Psalm 119:114 You are my hiding place and shield; I hope in your word.</p> <p>Practice a breathing exercise.</p>	<p>30 Psalm 71:14 But I will hope continually and will praise you yet more and more.</p> <p>List 10 reasons why you are grateful for Spring.</p>		