

RISING STRONG

THE RECKONING. THE RUMBLE.
THE REVOLUTION.

<i>Mental Health Monday</i>	<i>"Time In" on Tuesday</i>	<i>Water Wednesday</i>	<i>Thank You Thursday</i>	<i>Free & Forgiven Friday</i>
Sing your favorite hymn	Spend time in prayer	Wash your hands while singing "Jesus Loves Me"	Open our eyes to see gratitude today	Find Ephesians 2:8 then write it or draw it
Try some yoga in a chair or on the floor	Spend time in meditation	Share stories of baptism today	Help us to share words of thanks to at least three people today	Find Luke 7: 41-50 then discuss with a trusted friend or family member.
Take ten deep breaths in a row	Spend time in wall sit or plank position	Jesus' love sets us FREE!	Open our hearts to feel gratitude today	Revisit the confession and forgiveness of sins in this weeks worship service
Talk about your feelings with a trusted friend or family member	Spend time in scripture	Draw, list, or read stories of water in scripture today	Help us to taste gratitude in healthy food today	Go on a walk, jog, hike or ski with Ephesians 2:8 in your mindset
Read or listen to the book "Rising Strong" by Brene Brown	Spend time in God's Creation	Focus on Jesus love washing us free from sin	Open our ears to hear gratitude today	Search for words of forgiveness in Matthew 9

Play along with **Rising Strong** and Peace Lutheran of Plymouth this Lenten season! So many ways to play: post this Bingo card on your refrigerator, keep as a photo in your phone, leave a copy on your dinner table, give one to a neighbor, post a picture on facebook, or share a bingo on social media #peaceofplymouth.