

## Summer Road Trip!

Each week we'll share different activities, rituals, reflections, and ideas for you to practice this summer. Take some time to engage with these experiences that prepare you for your journey of faith.

Prayer can be a multisensory experience! When you open a carbonated beverage this summer, get close to see and feel the fizz. As it fizzes, think of the joy God feels when our prayers bubble up to heaven. Use your finger to draw a cross in the condensation and say this prayer: May my prayers bubble up to you, Lord! Amen.

Your family can serve your community by helping keep a local park and sidewalks beautiful. Pack trash bags and gloves for a trip to a local park to collect litter and recyclables. Your kind acts to take care of our planet make you a good steward of God's creation. God invites us to use Earth's resources wisely and protect all living things, because we are all connected.

Whether away on a family vacation, a week at camp, or a move to somewhere new, we can all enjoy a reminder of those who love us. Today take a sticky note and write the names of 3 people who love you on it. Stick it on a mirror or the refrigerator door where you can see it often. Remember God's promise to always be with you. You are loved!

As Jesus and his disciples traveled from one community to the next, they often would eat outside. Sometimes the food was provided by people in the community (Mark 2:15). Other times they had to find food (John 4:8). Plan to eat a meal or snack outside today and give thanks to God for providing you with nourishment. You might even invite a friend, co-worker, or neighbor to join you so you can share in God's goodness together!

July 22: Read Luke 8:1-3

Dip your feet in cool water and leave wet footprints on pavement to commemorate Mary Magdalene, a faithful follower of Jesus who Christians celebrate on this day. Share names of people who have led you on your faith journey. Are their footprints bigger or smaller than yours?

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