



A Pumpkin Reflection



1. Choose a pumpkin—God gave us free will to choose right or wrong. Every day we make choices that draw us closer to God or push us away from God.

Pray: Lord, fill me with your wisdom and guidance.

2. Carve the top opening—When we open our hearts and minds to God’s love we allow ourselves to receive God’s message.

Pray: Lord, help me to be open to your love.

3. Scoop out the insides—We all have sins that we carry with us. Reconciliation helps us to clean out the icky stuff so that we can be a new creation in Christ Jesus.

Pray: Lord, clean me of any mean thoughts, actions, and prejudices.

4. Carve the eyes—God has gifted each of us with eyes, but sometimes we fail to see the splendor of God’s creation around us.

Pray: Lord, open my eyes to see the beauty of all people (even those who are not my friends or family), and help me to be awestruck by the gift of your creation.

5. Carve the nose—Sometimes it feels like we are living in a fog, moving through each day as if it is not important; but God wants us to use all of our senses (sight, sound, taste, touch, and smell) to recognize the goodness around us each and every day.

Pray: Lord, help us to be a sweet perfume for you so that our words and actions might bring you joy.

6. Carve the mouth—Every day we have multiple opportunities to use our mouths to praise God or disappoint God.

Pray: Lord, help us to always speak with loving kindness and to hold our tongues when necessary.

7. Place a light inside: At our baptism we are filled with the light of Christ. May we let our light shine for all to see.

Pray: Lord, help us to be a light to others; for you have filled us with your light.