

together sunday

23rd August 2020

God of the Sabbath, lead us to rest.



Are you struggling to switch off?

It seems like even on the stillest, quietest, most beautiful summer day it is hard to let our minds truly rest. The pandemic is constantly in our heads, on our hearts and our lips.

So let's not try to rest our minds for a whole day. Let's just take a few minutes. Jesus says that he offers us rest for our souls - and through His Spirit, he is the only one who can offer rest and peace.

Find a quiet moment and drink in Jesus words:

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matthew 11: 28-30

Families - Have a Rest

You will need:

- a pillow
- a blanket or duvet
- somewhere quiet to lie down

Instructions:

Jesus says, 'come to me all who are tired and I will give you rest.'

Get cosy and think for a few minutes about the best den you could ever relax in. What might it have in it? Maybe you could draw a picture of it

Let's pray:

Constant One,

who is there in our activity and in our rest;

You do not call us to ceaseless work, but stitch rest into the fabric of our lives.

Our bodies were made to rest and work, rest and play, rest and create, rest and move, rest and learn, rest and serve, rest and worship, and rest.

As August inspires a slower rhythm for many, help us to give ourselves permission to stop.

Help us remember who we were before our lives were taken over by doing stuff.

Remind us to laugh when we feel too important.

Remind us to play when we feel too serious.

Remind us to be still when we feel too busy.

Remind us to enjoy today when we feel anxious for tomorrow.

Remind us to see your beauty when we feel the ugliness in the world.

God of the Sabbath, lead us to REST. Amen.

later? This is the kind of rest that God wants for you.

