



5 TIPS FOR FINDING REST

"Nothing can calm our souls more or better prepare us for life's challenges than time spent alone with God." — Billy Graham

REST is a Biblical concept. God the Father did it. Jesus did, too, during His time here on earth. And so should we.

Whether you have a few moments or a few days to spare, consider the following 5 tips as you carve out some time to rejuvenate your spirit.

1. Unplug from social media and the news

Screen addiction is a real thing, and while these avenues may be informative, they're also competing for your emotional and spiritual bandwidth. Give it a rest for an hour, a day, a week—whatever you can realistically spare.

Romans 12:2: *"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."*

2. Take a nap. Or go to bed early

Physical rest cannot be underemphasized for your emotional and spiritual health. Feeling guilty that you won't be as productive? Remember, God rested after creating the world. Jesus slept peacefully in the middle of a violent storm (Mark 4:37-39), and He intentionally took a break from the crowds to rest, too (Matthew 14:32). Mark 6:31: *"And he [Jesus] said to them [His disciples]: 'Come away by yourselves to a desolate place and rest awhile.' For many were coming and going and they had no leisure even to eat."*

3. Go for a walk, and pay attention to God's creation

God feeds the birds and dresses the flowers (Matthew 6:25-34). *"Are you not much more valuable than they?" Think about that as you walk through your neighbourhood or simply sit and gaze from your back*

porch. Luke 5:16: "But he [Jesus] would withdraw to desolate places and pray."

4. Spend time with God

Pray first. Ask Him to reveal Himself. Then open your Bible and read intentionally, asking God to speak to you. James 4:8: *"Draw near to God, and he will draw near to you."*

5. Express your heart for the Father

Journal. Paint. Dance. Break out the tools and get crafty. Whatever you do, do it unto the Lord (Colossians 3:23), as your expression of love for Him.

Deuteronomy 6:5: *"You shall love the Lord your God with all your heart and with all your soul and with all your might."*

Remember, you are His beloved creation (Jeremiah 31:3). Keep that truth with you as you conclude your time of rest.

Prayer for Trust in Jesus

*O Christ Jesus,
when all is darkness
and we feel our weakness and helplessness,
give us the sense of Your presence,
Your love, and Your strength.
Help us to have perfect trust
in Your protecting love
and strengthening power,
so that nothing may frighten or worry us,
for, living close to You,
we shall see Your hand,
Your purpose, Your will through all things.*

Ignatius of Loyola

ALLOTMENTS FOR THE DISABLED & FAMILY GROUPS

THE public Purposes Charity manages the village allotments and the Committee now want to gauge public interest in providing new facilities differing from standard allotments. These would be part and parcel of a new allotment area, needed in any case to meet rising demand in the village.

Plots for residents with disabilities would be smaller than normal, would have easy wheelchair access and could offer other help such as raised beds – according to need.

There has also been recent interest in smaller plots for family groups, where parents would introduce their children to gardening skills.

If you, or anyone else you know in the village would like to register interest in these possibilities, please do get in touch. In the first instance, contact Mike Macfarlane at mmacfarlane@btinternet.com or on 01367 710358.



THIS excellent resource has been developed and produced by The National Centre for Post Qualifying Social Work (NCPQSW) and Professional Practice- in partnership with Faith in Later Life. The NCPQSW is led by Professor Keith Brown, the leading expert in his field, and who is a Christian.

This guidance considers a range of issues facing older people and challenges churches and Christian faith organisations to do the same.

Those living in the fourth age are not a homogeneous group; to start with they represent people from different generations, with different life experiences, a range of health issues and different social situations.

They are also at different stages of a faith journey, many will have been to Sunday school as children, many will have been married in church. Some will have been life-time Christians and be regular church attenders, some will now only go to church for ceremonies, others will not want to step foot into a church again. The diversity of the fourth age provides great opportunity for churches and Christian faith organisations; this

guidance gives some ideas to churches for different ministries, outreach and mission among older people.

You can access this resource via <https://faithinlaterlife.org/wp-content/uploads/2020/08/Guidance-for-Christian-faith-organisations-in-the-support-and-value-of-older-people.pdf>

BIBLE READING FOR MORNING PRAYER

Fri 18th

Psalm 19

1 Kings 6: 1-28

Acts 15: 22-35

Sat 19th

Psalm 23

1 Kings 8: 1-30

Acts 15: 36-16: 5

Mon 21st

Psalm 49; 117

1 Kings 19: 15-end

2 Tim. 3: 14-end

Tues 22nd

Psalm 36

1 Kings 8: 63-9:9

Acts 16: 25-end

Wed 23rd

Psalm 34

1 Kings 10: 1-25

Acts 17: 1-15

Thurs 24th

Psalm 37

1 Kings 11: 1-13

Acts 17: 16-end

Fri 25th

Psalm 31

1 Kings 11: 26-end

Acts 18: 1-21

PRAYING IN WORKERS/HELPERS

Luke 10:2 says: *"The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."*

Will you please set an alarm on your watch, or make a note to join me at **2 Minutes past 10am each AM** to pray that **God will send us Christian people to the village, willing to help us in God's mission to reach the village with the Gospel and make disciples?**

The potential for growth here is huge – but let's pray that God will send to our village to live Christians who don't want to re-create their past church, but to roll up their sleeves, with a servant heart, and work to bring in the Kingdom of God here? Thank you!

dfc

With my love and prayers:

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