

Rest and Renewal

Martha opened her home to Jesus. She had a sister called Mary, who sat at the Lord's feet listening to what he said.

Luke 10:38-39

Get settled on a cushion / chair. Help yourself to a biscuit and relax. God is here. Try and switch from being a busy Martha to a resting Mary. Imagine you are sitting at the Lord's feet.

Tell God about your burdens, worries and joys of the day.

Then, put aside all your thoughts about the day and have a look at the bibles / books. Maybe read your favourite story or read a brand new one and listen to what God is saying to you.

Take away with you the sense of God's peace that you have while relaxing with Him.

