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<p>Theme: Holidays : rest</p>	<p>Date: 29 July 2011</p>
<p>Scripture: Mark 6 v 21 Let's get away from the crowds for a while and rest.... New International Version (NIV)</p> 	<p>Comment We tend to plan our holidays in the winter looking forward to sunny days in lovely surroundings or exciting journeys and adventures. We need a change from the humdrum of our lives. Jesus sees how important this is for his disciples too. But the focus is rest. Rest and space to relax and be re-created is what we all need more than we know. Let's invite God to come with us on holiday. We will have opportunities to listen to Him and to allow him to touch our lives because we are not so busy.</p> <p><i>What's important to you two on holiday?</i></p>
<p>Prayer (as a couple): Father we realise that we need our holiday more for re-creation than for distraction. Help us to notice what we each need and make time together with you to receive replenishment. Show us how to include you in our rest as much as in our work. Amen</p>	<p>Prayer (for others): Lord we pray for _____ and _____ as they take their holiday this summer. They are excited about their plans. We pray that you will refresh them as individuals but also please refresh their marriage as they have fun and unpressured time together. Amen</p>
<p>Final quote: Sometimes the cure for restlessness is rest Colleen Wainwright 2008</p>	

Remember others will also be praying in this way this week. Together and with God we can make a difference.

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