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| <p>Theme: Learn to relax</p> | <p>Date: 13 July 2012</p> |
| <p>Scripture: I give you peace, the kind of peace that only I can give. It isn't like the peace that this world can give. So don't be worried and afraid <p style="text-align: right;">John 14:27 (CEV)</p> </p> | <p>Comment: Learning to relax with God's peace takes time and practice. The world and our lives today move at such a pace, that we often only snatch at peaceful times. Do we live together in 'explode' mode or do we walk together in peace. This can start with us spending quality time praying together, having time when we can let go of the things that agitate and disturb and concentrate on the God of peace. It will certainly help you face the stresses of the day. What helps you relax- soft music – appropriate ambience (eg soft lights)- a lighted candle etc what about having some of these available when you pray together – it might help to set the tone for the day</p> |
| <p>Prayer (as a couple): Father – we thank you that you are the God of peace. Help us to relax especially when we pray together, let go of those things that disturb and agitate us an imbibe the peace that only you can bring.</p> | <p>Prayer (for others): Father – we do pray for ----- and ---- ----- who both seem to be affected by the stressful lives they lead. We pray that they might find more time and create a more peaceful ambience to be able to relax together and be filled with the peace that passes understanding – your peace</p> |
| <p>Final quote: Prayer is not a monologue but a dialogue, God's voice in response to mine is its most essential part. Listening to God's voice is the secret of the assurance that he will listen to mine. <p style="text-align: center;">(Andrew Murray)</p> </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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