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<p><b>Theme:</b> Rest</p>	<p><b>Date:</b> 11 Jan 2013</p>
<p><b>Scripture:</b>          '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.'</p> <p style="text-align: right;">Matthew 11:28 MSG</p> 	<p><b>Comment:</b>          It's a funny time of year to be talking about burnout when most of us have just had a break and are starting the year a fresh but sometimes as we focus on the year ahead everything starts to crowd in. Work commitments, church ties, and diaries starting to fill up.</p> <p>I love the way God whispers to us in this verse 'Get away with me &amp; I'll show you how to rest'.</p> <p>Have you planned some time to rest together this year? How about considering a retreat together? Time to hear God in your relationship.</p> <p>Let's 'keep company with God this year &amp; learn to live freely &amp; lightly'.</p>
<p><b>Prayer (as a couple):</b>          Father God, please help us to make time for you &amp; each other this year. And teach us how to rest in you. Amen</p>	<p><b>Prayer (for others):</b>          Dear Lord, we pray the same prayer for _____ and _____ who are struggling to find rest just now. Amen</p>
<p><b>Final thought:</b></p> <p style="text-align: center;"><b>A good rest is half the work</b>          Proverb</p>	

Here's some retreat ideas for your marriage:

- We mentioned last week 2 couples from the When2Pray team are leading a Marriage focused holiday in Turkey. Find out more here: <http://richmond-holidays.com/holidays/app/category/5/holiday/18/title/summer/page/marriage-enrichment>

- Time for Marriage run marriage retreat weekends, which allow you space to hear what God is saying in your relationship. Find out more here:  
<http://timeformarriage.org.uk>
- Alternatively, a great way to start the year together would be FamilyLife's Day Together on 19 January. Find out more here:  
<http://www.agape.org.uk/WhatsOn/WhatsOn.aspx?EventId=e63&TeamId=14>

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

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