



REST



Rest and be thankful.

William Wordsworth



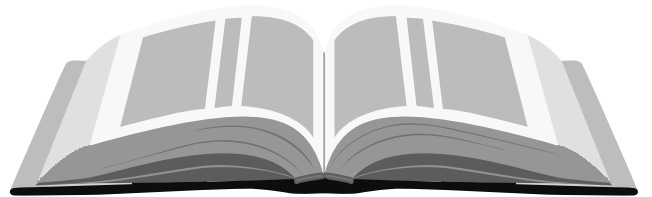
PRAYER FOR THE WEEK

May God's blessing go with us today, as we come towards the end of this school year. We pray, God, that you will keep us safe and give us rest so that we start again renewed and refreshed, full of life, ready to come and learn again.

May God's blessing go with us today, as we come up to the start of our school holidays. Give your peace and your joy, to all of us. Help our teachers and school staff to enjoy the break, and prepare and plan for the new year.

May God's blessing await us next year, to embrace each new challenge without fear. Fill our school with your love, and guide our hearts from above, full of faith, full of hope, full of joy and full of love.

Amen.



WORD OF WEEK

Matthew 11: 28-30

'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.'

The Bible tell us how important it is to take time off our work to stop and rest. In the very first Bible story- the account of how the world was created- we read how God rested. The story describes how the world was created by God in six days and on the seventh day He rested.

Although most Christians don't believe the world was created by God in exactly this way, the account in the Book of Genesis does teach us some important truths. Christians believe that all things do some from God and that the author is teaching us to rest when our work is complete. Without rest we cannot continue to work to the best of our ability. We will quickly burn ourselves out. It is vital that we take time to unwind and recharge our batteries. That is what God did and what he wants us to do!



PAUSE FOR THOUGHT

- What worries do you need to hand over to Jesus now so that you can truly rest this summer?
- What can you do this summer to make sure you rest? What activities do you find relaxing and restful?
- And when you find yourself worrying or feeling too busy what should you tell yourself to remind yourself to rest and hand over any worries to Jesus? Maybe a word or a quote you can remember?

Take a rest; a field that has rested gives a beautiful crop.

– Ovid



5 minute Meditation

[CLICK HERE](#)

(5-minute Meditation You Can Do Anywhere)

A beautiful peaceful song to listen to which will definitely help you rest. [CLICK HERE.](#) (Peace (official lyric video)- Bethel Music)

A great way to find peace and rest at the end of the day is to look back over it in a prayerful way. [CLICK HERE.](#) (The Daily Examen-Full of Grace TV)

"When we rest, we synchronize with God. When we rest, we walk in God's nature. When we rest, we will experience God's movement and His miracles!"

Sometimes we can become so busy that we don't give ourselves chance to see God at work in our lives. How many times have you prayed to God to help you with something and then not thanked Him when your prayers are answered? How many times have you even noticed that your prayers have been answered because of how busy you are. We miss so much when we are busy all of the time. So now is the time to stop, to rest and see God's presence in our lives.

It is so important to think back and reflect. Make some time this week, using your school planner, to look back over the year and thank God for those special and good moments that you remember, maybe even prayers that were answered.

