

14 DECEMBER — REST

READING: PSALM 126: 3b-4

WHAT WONDER! WHAT JOY! MAY WE BE REFRESHED AS BY STREAMS IN THE DESERT.

Lead Story Headline

We have all been through hard times this year and it has often felt like it will never end. When you wake up each morning to disheartening news and go to bed with more of the same, it is difficult to see your way forward and you begin to lose hope.

Psalm 126 carries a powerful message of hope. It tells us that these times of trouble and sorrow do not last, and that God will turn our sorrow to joy and tears to laughter.



PRAYER:

GOD OF PEACE, IN MOMENTS OF CALM AND SILENCE, YOU HELP US TO PAUSE AND TO SEE AFRESH. GIVE US GRACE TO NOTICE BOTH THE SIGNS OF YOUR PRESENCE AND THE NEEDS OF OTHERS TODAY. AMEN.

Enrichment

We have probably all heard the old English proverb “A change is as good as a rest (or holiday)”. While originally referring to changing your job or profession, it can be applied to all aspects of our lives. A change in routine or simply a different view through the window can bring a boost to our mood and even a different outlook to life.

Things to do

- Take some time and space. Colour in one of the pages on [this](#) website.
- Download a Christian meditation app. [Here](#) are some suggestions from Just Disciple.