

Quiet day

The quiet morning is a time for listening to God. Leaving all the baggage of stress and worry at the door, come in as you are. Give just half a day to God, let him tell you what you need.

As I kneel before the altar, calmness comes over me, my breathing goes very shallow, I am in the presence of God.

Sometimes I am greatly worried over certain people or things that aren't right, and I may spend some of the time in tears, but somehow God comes to me, during this time and I feel that things are not so big that I would be overcome. This also is a time of healing for me I find.

When the time is over I really feel I do not want to go out of the church, to the noise beyond the door, but I know that I have to pick up the baggage again, but with a much calmer and joyful feeling.

It would be a better world today if there was much less talking and noise, and more listening and quietness.

Does God want to see us doing something every time we pray? Is there no place for rest?

When the disciples returned from their first mission and told Jesus of all the successes they had achieved in his name he did not say to them 'well done, Nor did he continue by telling them that they had worked and done so much for others and that it was time for them to do something for God. All he said was 'Come away by yourselves to a lonely place and rest for a while'.

On another occasion Jesus spoke to people carrying heavy responsibilities

And who doubtless were worried over all sorts of human problems. He did not tell them "come and join me in my work" All he said was "Come to me and rest.

So give it a try on Saturday 10th August and I am sure you will enjoy .