

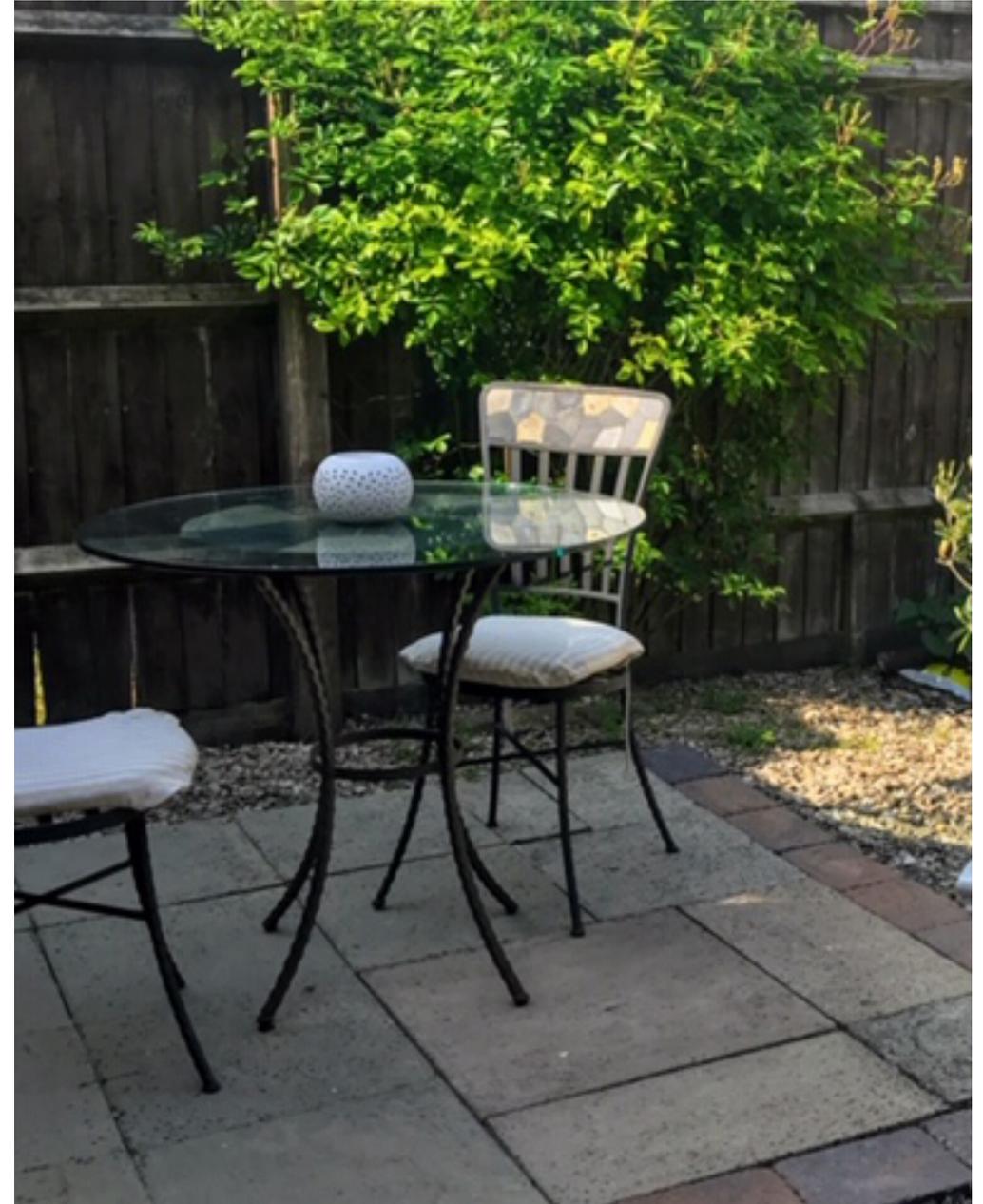


A Quiet Day
in Lockdown

Be still in the presence of the Lord and wait patiently for him to act. Psalm 37 v 7

A quiet day as we've known it in the past is not possible at the moment, so I felt that maybe we could still give ourselves time to be in God's presence, a time to rest to heal, to refresh our mind, body and spirit. Normally I'm able to invite you to share some time out in my home and garden, we share some food together and share our thoughts from the day.

I have put together some photos from the garden and a scripture to help you focus on our Father God to be still and listen. It's so easy to spend any moment we can giving Jesus our shopping list of prayers, but God already knows our needs. Be still and let Him speak into your life. Every moment of our lives is precious never more so than now so please give yourself some time each day to focus on He who loves you more than you can imagine.





Remember to take some time to
relax physically

Get comfy and take some deep
breaths, think about relaxing each
part of your body starting with
your feet working up to your neck
and shoulders. Tensing and
relaxing each part of you often
helps

These moments are for you.
Focus on them whenever you can
and enjoy your “ Quiet Day “
Remember too if you’d like to talk
to someone just pick up the
phone.



I've put together some photos with a scripture, it's not always correct to take verses out of context but some may find it useful to lead your thoughts or it may lead you to read further.
Gardening often starts with pruning and our Father knows just how and when we need that too
I am the vine you are the branches.



Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

John 15 v 5



The flowers are springing up, the season
of singing birds has come, and the cooing
of turtle doves fills the air.

Song of Solomon 2 v 12





Look at the lilies and how they grow. They don't work or make their own clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for flowers that they are here today and thrown into the fire tomorrow he will certainly care for you.

Why do you have such little faith?

Luke 12 v 27 -28





The Lord will
comfort Israel again
and have pity on her
ruins. Her desert will
blossom like Eden,
her barren
wilderness like the
garden of the Lord.

Joy and gladness will
be found there
Songs of
thanksgiving will fill
the air.

Isaiah 51 v 3

A lush garden scene featuring a stone-lined stream or pool of water. The stream is bordered by smooth, grey and brown stones. On the left, there are tall purple flowers and green foliage. In the background, a white folding chair sits on a grassy lawn under a dense canopy of green trees. The overall atmosphere is peaceful and natural.

For the Lord your God is bringing
you into a good land of flowing
streams and pools of water, with
fountains and springs that gush out
in the
valleys and hills.

Deuteronomy 8 v 7





I will refresh the weary and satisfy the faint says the Lord.

Jeremiah 31 v 25



So I invite you to find a quiet space at home and flick through the photos and scriptures, relax and let God minister to you.





If you would like to share any thoughts or a word from God please do get in touch
Jude





If you would like to share any thoughts or a word from God
please do get in touch.

Jude