A photograph of a garden scene. On the left, a large, dense rose bush with pink and purple flowers is climbing a wooden lattice fence. The fence runs across the middle ground. To the right of the fence, there is a green lawn with two outdoor chairs and a small table. In the background, there is a brick house with a chimney and a blue sky with white clouds.

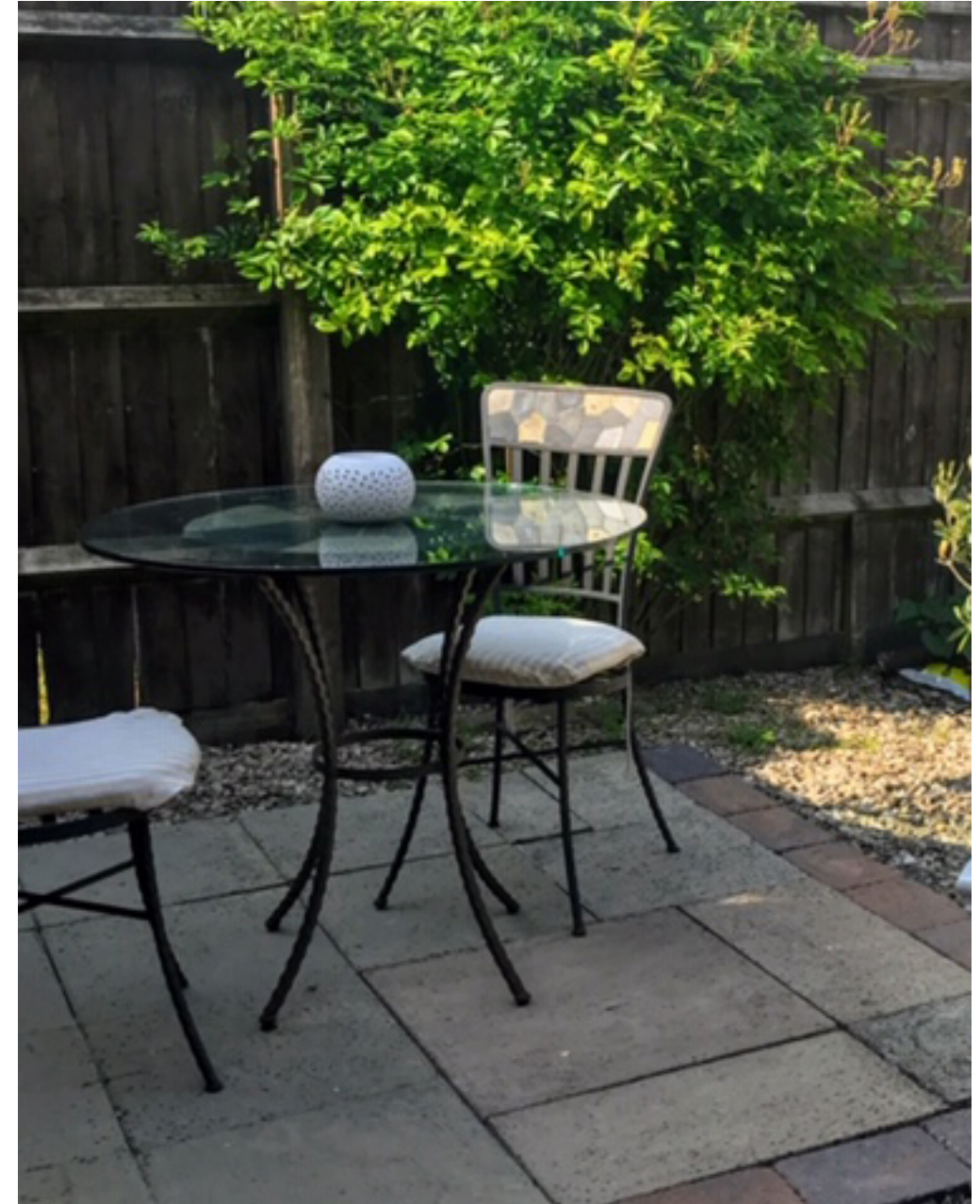
## A Quiet Day in Lockdown

**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







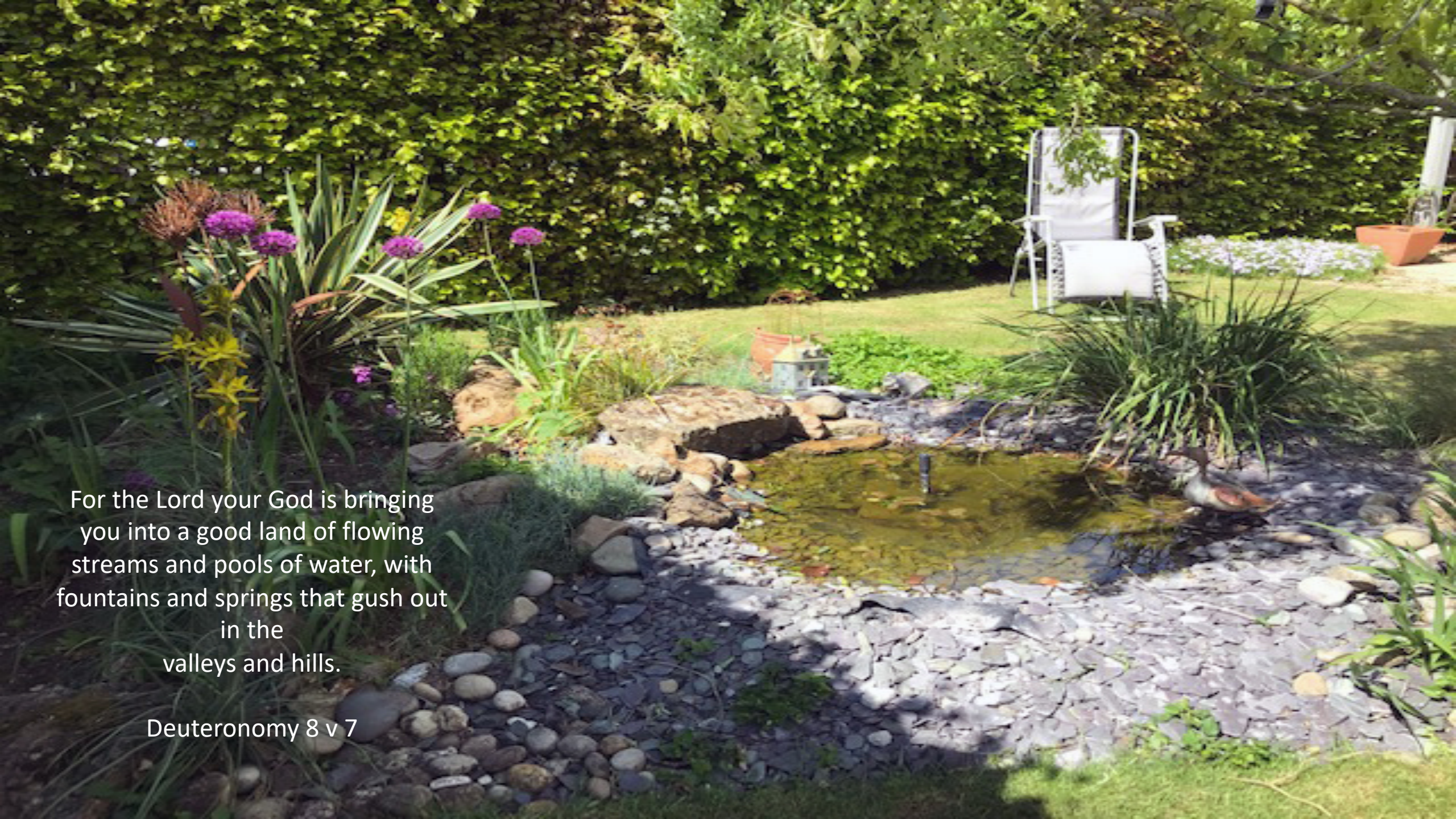


The Lord will  
comfort Israel again  
and have pity on her  
ruins. Her desert will  
blossom like Eden,  
her barren  
wilderness like the  
garden of the Lord.

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

Isaiah 51 v 3



A photograph of a garden pond. The pond is bordered by dark, smooth stones and contains a small waterfall on the left side. A duck is standing in the water on the right. The pond is surrounded by various plants, including tall purple flowers and green foliage. In the background, there is a green lawn and a dense hedge of trees. A white folding chair is visible on the lawn. The text is overlaid on the left side of the image.

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









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