

**This week you might like to try this prayer and reflection activity.**

Find somewhere quiet to sit and remind yourself that God is with you.



In Psalm 46 in the Bible it says:

“Be still and know that I am God.” Use these words to spend some time being still.

*You could ask someone in your house to read this to you. You may wish to do this as a family.*

Imagine you are in the countryside.

It may be a place you have visited in real life or it may be an imaginary one. You decide ....

Let your eyes close gently.... Feel relaxed ....

Feel your shoulders droop ....

Be aware of your own slow, regular breathing ....

Now imagine you are in a beautiful field ....

And you walk barefoot across the field feeling the softness of the grass under your feet ....

As you walk you notice small clouds drifting by and changing shape ....

Feel the warmth of the sun .... on your face and arms ....

As you walk across the field you see some trees .... How big are they? .... How many are there? .... A few, or many ....?

You can hear the breeze rustling the leaves .... You can hear the birds twittering in the branches ....



Near the trees there is a stream, and because it's a warm day and you're already barefoot you decide to paddle ....

Feel the coolness of the water on your feet and ankles .... refreshing them ....

Feel the smoothness of the sand beneath your feet and between your toes ....

You decide to have a rest .... You lie on the bank beside the river .... and rest in the warmth of the sunshine .... You feel peaceful and still as you remember God is with you.

In Psalm 121 it says:

“The LORD will watch over your coming and going both now and for evermore.”

**You might like to say this prayer**

Dear God,

Thank you that you promise to watch over us.

You understand our worries and you hear our prayers.

Thank you that we can rest as we are still and be reminded that you are with us.

Amen.