

# KIT @ KIPPAX

Staying Connected while Physically Distant

Thursday 11 June 2020

Today's Gospel Matt. 10:7-13

## TAKE A NAP

*For all who have entered into God's rest have rested from their labours, just as God after creating the world. So let us do our best to enter that rest.* Hebrews 4:10-11

Rest is fundamental to all creation. We rest because God designed life to be so. Following six days of creation, God blessed rest. Rest is so important to God that from Genesis to Revelation He tells people they must rest one day in seven as an everlasting people.

In our busy world, we are tempted to squeeze more and more tasks into our week. But, when we take the time to follow God's command, we're reminded of a final rest – the rest we will share forever with God our Father.

Take time this day to smell the flowers!!!!

*Creator God, give us wisdom to plan rest into our week, even as You did. Help us to trust that we will accomplish all that we need to do in the other six days. Amen.*

From: 'Simply Refreshing One Minute Devotions.'  
Submitted by Sabina Van Rooy



Dear God,  
Give comfort and peace to those who are separated from loved ones. May the ache in their hearts be the strengthening of their hearts. May their longing bring resolve to their lives, conviction and purity to their love. Teach them to embrace their sadness lest it turn to despair. Transform their yearning into wisdom. Let their heart grow fonder.  
Amen

Michael Leunig – A Common Prayer

The use of the Alleluia dates back to the earliest of liturgical formularies, both Jewish and Christian, as an endless chant of joy. In the Christian community it was an expression of praise and a foretaste of eternal gladness. "We are an Easter people," Augustine wrote, "and Alleluia is our cry."

In a High Spiritual Season – Joan Chittister

**TAKE REST, A FIELD THAT HAS RESTED GIVES A BOUNTIFUL CROP**

Submitted by Pauline Greig