

Introductory Sentence

On the first day you are to take choice fruit from the trees and psalm fronds, leafy branches and poplars, and rejoice before the Lord your God for seven days. Celebrate this as a festival to the Lord for seven days each year.

Leviticus chapter 23 verses 40 & 41

Prayer

Thank you Lord for times of leisure; time to read books, time to listen to music, time to 'phone a friend, time to chat with a neighbour, time to stand and stare. Bless these times of recreation and strengthen us through them to do your will.

Amen.

Bible Reading

Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God, the Maker of heaven and earth, the sea, and everything in them – the Lord, who remains faithful for ever.

Psalm 146 verses 5 & 6

Reflection

As many of you know, the origin of the word holiday is holy day. These holy days were instigated by God. For instance Sunday is a holy day because God rested from his work of creation on that day. We have extended it by adding Saturday to it, thus making a weekend. Our weekends get used for all sorts of things,

spending time with family and friends, or watching our favourite TV programme, maybe even just being quiet.

Hymn

Restless souls, why do you scatter
like a flock of frightened sheep?
Doubting hearts, why do you wander
from a love so true and deep.

There's a wideness in God's mercy
like the wideness of the sea;
there's a kindness in his justice
which is more than liberty.

For the love of God is broader
than the measure of man's mind,
and the heart of the eternal
is most wonderfully kind.

If our love were but more simple
we should take him at his word,
and our lives would find fulfilment
in the goodness of the Lord.

Frederick W. Faber (1814-1863) © Jubilate Hymns

Prayer

Lord of the Sabbath, teach us to enrich our rest and leisure with reverence and with prayer, teach us to appreciate times of quiet and fun, teach us to enjoy sunny days and rain with family and

friends. Teach us also to be mindful of those for whom holidays don't happen that we may be kindness to them. Amen.

Bible Reading

Therefore I tell you do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to your life?

Matthew chapter 6 verses 25-27

Reflection

It may seem strange to put in a reading about worry when this prayer card is about holidays and holy days. One of the reasons for these special days is to change the pace of life, to hopefully cease the worries and cares of every day, to rest and relax, to recharge our batteries so we can take up the reigns again with renewed energy. Unless we take these breaks we will not be able to function efficiently, this is why God instigated them.

Hymn

Safe in the shadow of the Lord,
beneath his hand and power,
I trust in him, I trust in him,
my fortress and my tower.

His holy angels keep my feet
secure from every stone;
I trust in him, I trust in him
and unafraid go on.

Strong in the everlasting name,
and in my Father's care,
I trust in him, I trust in him
who hears and answers prayer.

Safe in the shadow of the Lord,
possessed by love divine,
I trust in him, I trust in him
and meet his love with mine. Amen

Timothy Dudley-Smith (b.1926) © Jubilate Hymns

Blessing

May the Lord himself, who is our source of peace,
give you peace at all times and in every way. The
Lord be with you all. Amen

www.caraway.uk.com
caraway@caraway.uk.com


Spiritually Resourcing the Older Person



**HOLIDAYS
and
HOLY DAYS**