

### Prayer

Help us to enjoy the common things of our living,  
even when it feels that nothing much happens,  
help us to see the rich patterns of our lives,  
even though I hardly noticed them, because they  
are so familiar, things like a cuppa or meal with  
friends or family.  
Help us to recognise the joy of simple things,  
bless us Lord with rest and assurance.



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**Caraway**  
Spirituallly Resourcing the Older Person

# Rest Assured

### Introductory Sentence

Matthew 11: 28

*Come to me, all you who are weary and  
burdened, and I will give you rest.*

### Prayer

Lord help me to remember that nothing is going  
to happen today that You and I  
can't handle together.

### Bible Reading

Genesis 2: 2 & 3

*By the seventh day God had finished the work  
He had been doing, so on the seventh day He  
rested from all His work. God blessed the  
seventh day and made it holy, because on it He  
rested from all the work of creating  
that He had done.*

### Reflection

We are in the season of holidays. I am aware that  
many of us for all sorts of reasons are unable to  
take holidays, maybe through illness, lack of  
money, age related and so on. But God has  
commanded us to rest. The assurance is that we  
will be restored mentally, physically, spiritually  
and emotionally. How do we do that if we do not  
have the means? It's by enjoying the small things,  
enjoying the garden, outside space or balcony,  
having a cup of tea with a friend, taking time out  
to do a jigsaw puzzle, reading, spending time  
with a group and many other things which you  
may find are different from the mundane, which  
give you a break from the ordinary.

### Hymn

by Fanny Crosby

Blessed assurance, Jesus is mine:  
O what a foretaste of glory divine!  
Heir of salvation, purchase of God;  
born of His Spirit, washed in His blood.

*This is my story, this is my song,  
praising my saviour all the day long.*

Perfect submission, perfect delight,  
visions of rapture burst on my sight;  
angels descending bring from above  
echoes of mercy, whispers of love:

*Chorus*

Perfect submission, all is at rest,  
I in my Saviour am happy and blessed  
watching and waiting, looking above,  
filled with His goodness, lost in His love.

*Chorus*

### Prayer

O Lord, Whose way is perfect, help us to always  
trust in Your goodness, that walking with You in  
faith, following You in all simplicity we may have  
contented minds, casting all our cares on You,  
because You care for us. In Jesus name. Amen.

### Bible Reading

Matthew 11:29 & 30

*Take my yoke upon you and learn from me, for I  
am gentle and humble in heart, and you will find  
rest for your soul, for my yoke is easy and my  
burden is light.*

### Hymn

by David John Mansell

Jesus is Lord! Creation's voice proclaims it,  
for by His power each tree and flower  
was planned and made.

Jesus is Lord! The universe declares it;  
sun, moon and stars in heaven crying:

Jesus is Lord.

*Jesus is Lord! Jesus is Lord! Praise Him with  
Alleluias, for Jesus is Lord!*

Jesus is Lord! Yet from His throne eternal  
in flesh He came to die in pain on Calvary's tree.  
Jesus is Lord! from Him all life proceeding,  
yet gave His life a ransom, this setting is free:

*Chorus*

Jesus is Lord! O'er sin the mighty conqueror,  
from death He rose; and all His foes  
shall own His name. Jesus is Lord!  
God sends His Holy Spirit to show  
by works of power that Jesus is Lord:

*Chorus*

### Reflection

Jesus is indeed Lord, He was there at creation  
together with His father God and the Holy Spirit.  
We see that the Trinity ordained rest, rest for the  
weary soul. For God knows how hard things can  
get for us. He longs to assure us of His love and  
compassion. He rested from His labours and so  
must we if we are to stay walking humbly  
with our God.