

JESUS SAYS:

“Are you tired? Worn out?..... Come to me.

Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me.....Learn the unforced rhythms of grace.

I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”

MATTHEW 11:28-30
(The Message)



RECONNECT WITH GOD

this August

As we come to the month of August in this strange time, many of us may be feeling despondent and tired. What is often a month of anticipated holidays and family time once again seems to be waiting with disappointment up its sleeve. Uncertainty seems to dominate our plans and the headlines.

But we worship a God who promises us a way of life based on grace and the freedom that it brings.

We would love to encourage you to use August this year to reconnect with God. The intention is not to invest time and energy we might not have, but to come to Jesus just as we are and ask him to meet us in that place.

Inspired by 'The Practices of Jesus'
by John Mark Comer

SABBATH

JOIN US ON SUNDAYS

Why not actively engage with Sundays this August in a way that reminds you of how good God's Sabbath principle is.

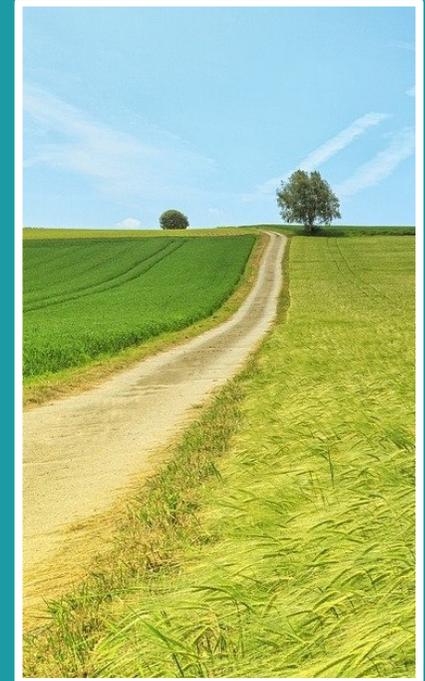
If you haven't yet been back to church, sign up to an upcoming service and find out how soul-building it is to connect and worship together with other believers.

[CLICK FOR MORE INFO](#)

If you don't feel able to come on a Sunday, or are away on holiday, why not choose to take a day a week when you have a purposeful Sabbath.

Spend time with God very deliberately and create a day that is a blessing to him and to you.

Use this Sabbath day to ensure that one day a week feels holy - set apart, restful and full of moments of joy.



WHAT MIGHT THIS LOOK LIKE FOR YOU?

- You could purposely rest from all chores and emails.
- You could meet up with friends for a meal
- Or cook a delicious meal as a family.

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SIMPLICITY

At the beginning of lockdown last year many people found that when everything was restricted they came to appreciate the simpler things in life.

Choose to set something aside in order to create simplicity in your life. This could be stepping back from social media, Netflix or non-essential engagements for a week.

As we seek simplicity, we discipline ourselves to be in tune with hearing from God for a specific time. Try to intentionally spend more time with God, praying or reading your Bible and listening to what he is saying to you.

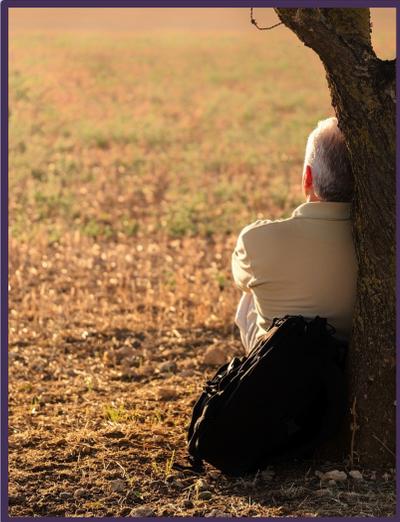


25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.....33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.’ (Matthew 6)

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SOLITUDE



RETREAT

You could take a couple of hours; a whole day; or even one morning a week throughout August.

Carve out some time and put it in the diary. Don't let it be taken away! This is space to be with God and space to rest and renew in him.

Plan for your time and prepare for it to be a time when you connect with God in the way that suits you - walking or reading good soul-building words or listening to music or swimming.....

Keep notes so that you remember what you have reflected on and what you have heard God saying to you.

IDEAS/EXAMPLES

Click to view

[ONE DAY RETREAT](#)

['ISOLATION' RETREAT](#)

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SLOWING



How about choosing to start each day with God rather than putting on your phone or the kettle.

Choose an amount of time that you feel you can manage, and create a space or place where you will be able to be alone and undistracted.

This might be walking in the park or sitting in the garden or alone in the kitchen before everyone gets up.

You could choose a chapter from the Bible to read through, a little at a time, as you go through August - John 15 is a good one.

Or just sit and let God into your day as you ponder what lies ahead. This is a great time to put prayer into your day.

There are some suggested resources below.

RESOURCES

Click to view

[TKC PRAYER JOURNAL](#)

[PRAYER TOOLBOX](#)

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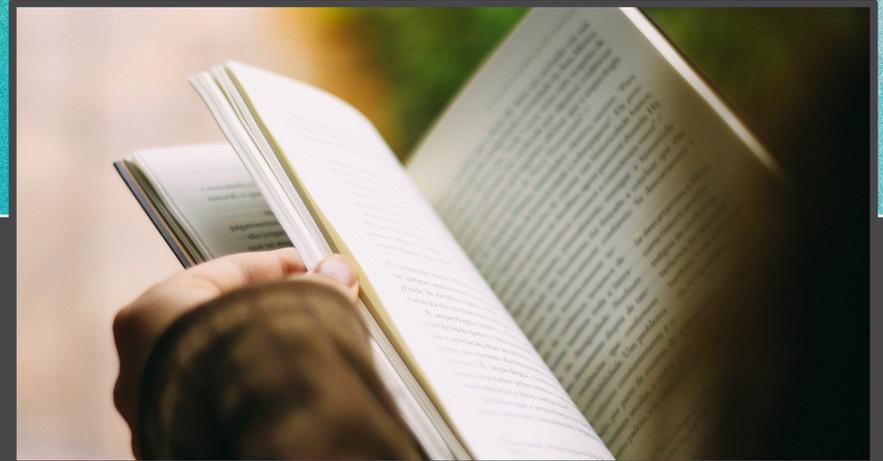
STUDY

We sometimes have more reading or listening time in August than we might at other times of the year, especially if we are fortunate enough to have a break or if our usual groups have stopped for the month.

There are some great Christian books and podcasts out there which will really encourage you in your faith. You could ask a friend for a recommendation or choose from the suggestions here.

Why not ask a friend or your home group to join in reading a book together?

You could meet up in the gardens outside church to bring some focus to your discussion time as you reflect on what you have read.



BOOKS:

- **Following Jesus** - Henri Nouwen
- **How to Pray** - Pete Grieg
- **God on Mute** - Pete Grieg
- **The Ruthless Elimination of Hurry** - John Mark Comer
- **Emotionally Healthy Spirituality** - Pete Scazzero

PODCASTS:

[GODPOD – CLICK TO LISTEN](#)

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