

Generous Quietude

Carry a little quiet inside you
while the world continues
in rush and rage
fighting and frenzy.
Carry a little quiet inside you
so that the worry and war
trouble and tumult
do not capture you in their grip.

Tarry in the Sun-filled meadow of the heart
beside the still waters
where God's Spirit refreshes and renews.

Carry so much quiet inside you
that you have some extra calm
to share with me.

— Safiyah Fosua

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Prayers for Rest and Respite



Jesus said, "Come with me by
yourselves to a quiet place and
get some rest."

—Mark 6:31

Prayers for July 2008

Prayers for Rest and Respite • July 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 God, help me find time each day to be alone and quiet and listen to you, the most important voice of all. Isaiah 28:23	2 God, while I rest help my mind center on the glory of your kingdom. Isaiah 64:8	3 God, show me an opportunity to offer respite to someone who is a caregiver. 1 Peter 4:10	4 God, inspire us to work tirelessly, but let us find a time to rest so we can be strengthened. Mark 6:31	5 God, clear our minds and our schedules so that we can enjoy your creation with our friends and family. Proverbs 18:24
6 God, teach me to follow your commandment, to observe the Sabbath and keep it holy. Exodus 20:8	7 God, when I feel small or overwhelmed with my life, remind me of just how great thou art. Ephesians 2:10	8 God, we ask that you forgive us, cleanse us, and restore us. 2 Corinthians 5:17	9 God, calm our hearts, clear our minds and relax our bodies. 1 Peter 5:10	10 God, never let me believe that I simply don't have time to sit down and reflect on my blessings. 2 Corinthians 1:22	11 God, help me to regain my focus and right my priorities. Mark 1:35	12 God, refresh us and let this summer be a season of renewal. Psalm 51:11-13
13 God, thank you for blessing and sanctifying the Sabbath. Mark 2:27	14 God, teach me to recognize when and where others might need a hand. Isaiah 42:6	15 God, grant a peaceful sleep to people recovering from floods, hurricanes, tornados and other disasters. Isaiah 41:13	16 God, be present with families raising a child with a disability or chronic illness. Matthew 18:5	17 God, bless the nurses and doctors who work long hours with the sick and injured. 1 Corinthians 12:9	18 God, give strength and energy to sleep-deprived parents of newborn babies. Jeremiah 29:11	19 God, help us cope with the emotions involved in caring for aging parents. Isaiah 46:4
20 God, teach me to set aside one day every week to tend to my spiritual needs. Matthew 11:28	21 God, show us ways to cope with our uncertainty and anxiety and give us peace. John 14:27	22 God, grant me a respite and relieve me from the stress in my life. 2 Corinthians 1:3-4	23 God, let me personally bring hope and joy to children who are suffering. Mark 10:14	24 God, restore my soul. Guide me in paths of righteousness for your name's sake Psalm 23:3	25 God, don't let me get so busy that I miss the feast. Luke 10:42	26 God, I have a whole list of things that need to be accomplished; show me what you want me to do. Proverbs 3:6
27 God, may the worship at my church restore our spirits and make us more holy. Hebrews 10:24-25	28 God, renew my enthusiasm and strengthen my call to do the work of your kingdom. Ephesians 6:7	29 God, restore us; make your face shine upon us, that we may be saved. Psalm 80:3	30 God, help me follow the example of Jesus by placing importance on quiet prayer and solitude. 1 Thessalonians 5:17	31 God, let this summer be a time of preparation and a time to gather our strength for new ministries beginning in the fall. 2 Corinthians 5:17		