**Sunday 19th July -** Mike Orman, Worship Pastor



**Psalm 62:5-6**

### "Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress; I will not be shaken."

Taking time to slow down is really important. A short time ago many of us were forced into a slower, quieter pace of life through the lockdown. There weren't many countries around the world that haven't been forced to do similarly. The tills stopped ringing in the high streets, there was no 'rush hour' around the roads, and planet earth began to breathe again as pollution levels dropped. It has been a time many have been able to use to slow down and think about the things that really matter.

It can be easy to allow Sunday, or the Sabbath, to become just another day in the week, where it is hard to differentiate from any other day. But God's design is for us to take regular time each week not only to slow down and physically rest but also to spend time resting in His presence. When we slow down and dedicate time to spend with Him, it is always time well spent.

Jesus invites us today to come to him, to rest and just be. Jesus said in Matthew 11:28-30, "Are you tired? Worn out? Burned out on religion? 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 and work with me – watch how I do it. 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." (The Message).

*Father, we choose today to pause our busy lives and still our cluttered minds. We rest in your presence. Help us to learn the 'unforced rhythms of grace' and to live freely and lightly. Amen*