

Lord God

As we take a break

A moment of peace in busy lives

Focus us on what you want

From your church in the coming months.

We are good at being busy

Oh yes

We are good at filling each day

Yet we are not so good at stepping back

And listening to you say

Relax

Take time

You've been busy

Come rest awhile

With me.

So, calm our hearts Lord,

Quieten our minds

As we come

Today

To rest awhile

A break

A moment

Our time today with you.

Fill our minds

With your presence

Reminds us yet again

That you love us

And help us take that

Calming message

Out to those we meet

Whether in person

Or through phone call

Zoom or Facebook.

Loving god

Father, Son and Holy Spirit

We come

We rest awhile with you.

Thank you, Amen.