

JANUARY 10 - 20, 2024

THEME: FAITH IN EVERY FOOTSTEP

10 DAYS OF PRAYER



DAY 2 - SLOW DOWN!

He said to them, “Come with me. We will go to a quiet place to be alone. There we will get some rest.” So they went in a boat alone to a place where there were no people. (Mark 6:31-32 ICB)

The disciples were exhausted! For many days they had walked in twos from village to village, telling people about Jesus, and the wonderful story of God’s love. They looked out for people who were sick and struggling. They listened to them, asked them what they needed, and did everything possible to be kind and helpful. The disciples wanted everyone to see and feel God’s amazing love, and not just hear about it.

Now they were all together again, chattering excitedly to each other about all the things that had happened! Some people had been rude to them. But many people had welcomed them. Even though they had amazing stories to tell, Jesus could see that they were worn out, exhausted, and hungry. Before they could do anything else, He took them to a quiet place to be with Him, so they could rest, eat, sleep, and take care of themselves.

Tom and Sara found a special way to have their own peaceful time with Jesus. Every evening they each find a quiet space to sit. They read a Bible verse about God’s love and imagine how much God loves them. They think about three things that went well during the day and thank God for helping them.

Tom writes the three things in his journal. If something didn’t go as well as they hoped, they ask God how to make it better, and to show them what they could do differently next time. Sara draws pictures of things that fill her with wonder, like a flower or a butterfly. Thinking about these lovely things in the evening, and talking to Jesus about them, helps them to go to sleep feeling loved, peaceful, and happy.



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LET'S DO THIS!

- Imagine you are on the beach with Jesus and the disciples, resting after a busy time. What do you think He will do to help them rest?
- Make a list of Bible verses about God's love. Write each one on a separate card. Decorate them and choose one each day to read and think about.
- Ask each other about three things that went well each day. Thank God for the way He is helping you to learn, and to grow wise and kind.
- When something difficult or sad has happened, comfort the person, and tell them how much you care. They just need you to listen and be kind.



LET'S PRAY

- Dear Father God, I praise You for inviting me to have quiet times with You.
- I thank You God for the different ways I can spend quiet time with You.
- I am sorry God for the times when I have not put You first.
- Please help me to slow down, listen to You, and experience Your love for me.
- I pray for all the people who feel tired because they are caring for others. Help them to slow down and rest, so that they can experience Your loving care for them.