

JANUARY 10 - 20, 2024

THEME: FAITH IN EVERY FOOTSTEP

10 DAYS OF PRAYER



DAY 3 - BEING STILL WITH GOD

God says, “Be still and know that I am God.” (Psalm 46:10, ICB)

Luka’s mom was working in the garden while he played. Suddenly he noticed that she sat down on a chair. She smiled peacefully and took some deep breaths. Luka watched her carefully...Was she OK? Maybe she was just tired?

She looked around, then she tipped her head as if she was listening. She rubbed some lavender in her hand, and then she took a deep breath and wiggled her nose as she smelled the fragrance on her fingers. She licked her lips slowly, wrapped her arms around her body, and gave herself a big hug! “Mommy? What are you doing?” Luka giggled.

“I am being still and thinking about God,” she explained. “I like to sit still and think about How much He loves me! Then I look around to see the wonderful things He has made. I listen quietly to the sounds of the wind, and the birds, and they remind me of God’s love. Then I touch a leaf or flower that He has made, to feel its texture, and breathe in the beautiful fragrance. I like to taste what He has made, and I can still taste the strawberry I just picked. And then I give myself a big hug from God, because if He were here with me, I know He would give me a hug!”

“Wow!” said Luka, “Can I be still with God too?”

“Yes! You can always remember that God is close to you. It’s a wonderful thing to do!” Luka smiled! It was good to know that God was always with him in so many ways!



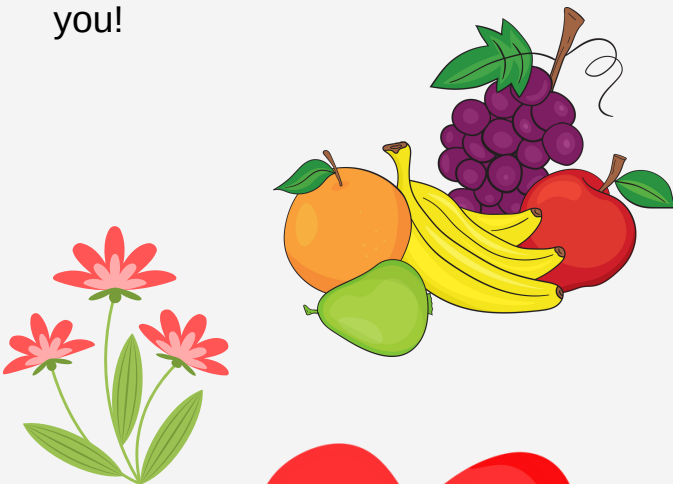
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LET'S DO THIS!

- Name 5 things God made that you can see. How do they fill you with wonder?
- Name 5 things you can hear. What do they tell you about God's love for you?
- Find 5 different textures to touch. You have nails, skin, and hair on your own body! Praise God for His attention to detail!
- Smell something God has made – fruit, flowers, vegetables, herbs... Can you smell the fragrance of His love for you?
- Give yourselves a big hug from God and remember how much He loves you!



LET'S PRAY

- Dear Father God, I praise You for filling the world with so many things for me to explore and to help me enjoy Your creativity and love.
- Thank You God for making me with all my different senses, to give me such lovely ways to experience this amazing world.
- I am sorry God for rushing past Your wonderful creation and love so many times, without being still and taking time to appreciate them.
- Please show me and my family different ways to pause, be still and experience Your love, peace, joy, and wonder.
- I pray for all the people who are feeling very overwhelmed sad and worried. Please help them to understand the importance of slowing down.