

# Holy-days



## Prayer Leader:

Yesterday we learned that asking God to help us can make us happy.

Today we're thinking about how we can turn our holidays into 'holy days' by looking for peace.

In Psalm 34, David writes:

## Reader:

*'You must not say evil things.*

*You must not tell lies.*

*Stop doing evil and do good.*

*Look for peace and work for it.'*

Psalm 34: 3

## Prayer Leader:

We all make mistakes: we lose our tempers, snap at siblings and are rude to our parents.

Sometimes because we feel down, irritated or just bored.



## Prayer Leader:

In this verse, David encourages us to do good, to *'look for peace and work for it'*. Real peace takes hard work. It means catching ourselves before we are rude or before we lose our tempers – and apologising when we get it wrong! But we're not on our own in this hard work: the Holy Spirit can help us. Your activity for this week, or to add to your 'holy days' list, is:

To notice when you are not at peace.  
Ask yourself what you can do to change it?  
Perhaps apologise or take a deep breath  
and let go of your annoyance.  
Ask the Holy Spirit to help you.

Let's finish in prayer together:

**All:**  
**Dear God,**  
**Thank you that with you,**  
**every day can be a 'holy day'.**  
**Help me to look for peace and work for it.**  
**Amen**

