

# Holy-days



**Saturday**

**Prayer Leader:**

This week we have learned that to turn our holidays into 'holy days', we need to enjoy life, praise God, share with others, ask for help and look for peace. In today's verses, we are thinking about rest and relaxation:

**Reader:**

*'The Lord saves those who fear Him.  
His angels camp around them.  
Examine and see how good the Lord is.  
Happy is the person who trusts  
the Lord.'*

Psalm 34: 7 – 8

**Prayer Leader:**

Before he became king, David was a shepherd. He often had to camp out with his flock of sheep, to keep them safe from wild animals. That must have been a bit scary – surely he'd have jumped awake at the slightest sound!



## **Prayer Leader:**

Imagine how much safer he would have felt if he knew there were angels camped all around him – he would have been able to truly rest and relax then!

We can know that same safety and security when we choose to trust God and remember how good He is. Your activity for this week, or to add to your 'holy days' list, is:

To sit still, set a timer for 10 minutes, and close your eyes. Imagine angels camping around you, allowing you to truly rest and relax.

Let's finish in prayer together:

**All:**  
**Dear God,**  
**Thank you that with you,**  
**every day can be a 'holy day'.**  
**Thank you that you provide safety for me**  
**to truly rest.**  
**Amen**

