

## Thoughts & Prayers at a time of illness

An illness in the home is always upsetting. And whilst it isn't possible for those outside the home to fully appreciate the strain caused, we would nevertheless like to express our love and concern.

We are confident that through the prayers and readings you will receive strength and comfort.

No one can understand our deep private worry in the way God can and He loves us very much.

'God is near to those who call to him, who call to him with sincerity.'

Psalm 145:18

## TODAY

At the beginning of every new day its a good idea to set aside a few minutes to be quiet.

'Be still, and know that I am God.'

Psalm 46:10

Thank you Lord God for this new day.

I return it to you with the plans

I have made

the jobs which have to be done ,

and all the problems I cannot anticipate

Please Lord Jesus,

give me strength when tired

wisdom when confused and

uncertain

patience when angry, frustrated

and irritable

Lord—in the busyness of the day

help me in quiet confidence

to know that you are God.

Amen.

Lord Jesus Christ. I am worrying  
about what the doctor has said  
and what he hasn't said  
about how we are going to manage  
about what to do next  
and the things I shouldn't  
have done.

Lord. I don't want to hide any of my  
worries from you.

Please Lord Jesus.  
give me a heart to receive  
your love  
and a mind to understand  
your will  
so that in loving and obeying  
I may find perfect peace and rest.  
Amen.

The peace that Christ gives is to guide  
you in the decisions you make:  
Colossians 3:15

And God's peace. which is far beyond  
human understanding. will keep your  
hearts and minds safe in union with  
Christ Jesus: Philippians 4:7

Jesus Christ says. 'Come to me. all you  
who are weary and burdened. and I will  
give you rest.' Matthew 11:28

O Lord Jesus Christ. please help me.  
I don't know what words to use.  
hear the cry of my heart.

You Lord. healed the sick and  
gave sight to the blind  
comforted the sad  
encouraged the weak.

Please be near to -----  
strengthen. encourage. heal  
and restore to full health.

Lord Jesus. as I give -----  
into your care. help me  
to rest secure in the promises  
you have made. Amen.

'Why am I so troubled?  
I will put my hope in God. and once  
again I will praise him, my Saviour and  
my God: Psalm 42:11

## LOVE

A time of illness in a family is often a time when love and tolerance grow. And it is also a time to experience more deeply the love of God.

'This is what love is: it is not that we have loved God. but that he loved us and sent his Son to be the means by which our sins are forgiven: 1 John 4:10

Thank you God for loving me  
thank you for giving your Son  
Jesus Christ to be my Saviour.

Thank you Lord Jesus  
that after your suffering and death  
you rose to life again  
that you now live. King of Glory  
and will return one day  
to reign on earth.

Please help me this day to  
so walk with you  
that I reflect your love  
to all I meet.

Amen.

God has promised to change the world by the power of His Holy Spirit and one day He will do this. But today, if we invite Jesus in. He will fulfill this promise in our lives and homes.

## PERFECT PEACE

What a strain worry can be. We lose our confidence. problems loom larger and our strength to manage diminishes. And it isn't always helpful when concerned family and friends say. 'Don't worry—everything will be alright.

God's perfect peace strengthens us during times of stress.

'You. Lord. give perfect peace to those who keep their purpose firm and put their trust in you. Isaiah 26:3