

A RESOURCE FOR PERSONAL PRAYER AND REFLECTION

Find a quiet place where you can be comfortable and undisturbed. You may find it helpful to have access to a Bible and a means of writing things down.

PAUSE - Think about your experience of the health service. Acknowledge your feelings and emotions, both positive and negative. You may find it helpful to write down words or sentences, or draw something to describe how you feel.

ISAIAH 40:28-31 (NIV)

*'Do you not know?
Have you not heard?
The LORD is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can
fathom.
He gives strength to the weary
and increases the power of the weak.
Even youths grow tired and weary,
and young men stumble and fall;
but those who hope in the LORD
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.'*

READ JESUS' WORDS IN MATTHEW 11:28-30.

Notice Jesus' question.

Acknowledge how you are feeling. You may want to remember the words and sentences or picture what you thought about earlier.

You may find a period of silence in God's presence helpful.

Notice Jesus' invitation to come to Him. Slowly read and re-read his words of invitation and restoration again.

Take time to respond to these words in prayer.

BRING - Bring your patients, your colleagues, your struggles, and joys to Jesus in prayer.

FOCUS PASSAGE

The focus passage for this year's day of prayer is **Isaiah 40: 28-31**. Take time to read this. You may find it helpful to read it out-loud. You may also want to read [different translations](#) or to listen to it [audibly](#).

What words or phrases stood out?

What do you notice about God?

What does he promise for the weary and weak?

*'Are you weary, carrying a heavy burden?
Then come to me. I will refresh your life,
for I am your oasis. Simply join your life
with mine. Learn my ways and you'll
discover that I'm gentle, humble, easy
to please. You will find refreshment and
rest in me. For all that I require of you
will be pleasant and easy to bear.'*
Matthew 11:28-30 (TPT)

THANK - Thank God that as we shift our focus and find hope in him, he can renew our strength. We can find rest and refreshment as we learn his ways.

If this resource has highlighted areas you would like to explore further, CMF has a pastoral care and wellbeing team who will respond to anyone that emails wellbeing@cmf.org.uk.