



THE START OF THE HOLIDAYS

DEAR LORD,

WE THANK YOU FOR THE RHYTHM OF LIFE, FOR THE ROUTINE OF SCHOOL, WORK AND HOME. HOW BLESSED WE ARE NOW TO HAVE A CHANGE OF RHYTHM, TO REST, EXPLORE AND MEET NEW FRIENDS.

AS WE BEGIN THIS HOLIDAY HEARTBEAT, INSPIRE US TO SHARE YOUR LOVE WITH THOSE WE MEET. TO TAKE TIME OUT TO LISTEN TO YOU THROUGH YOUR AMAZING CREATION, THROUGH YOUR WORD AND THROUGH THOSE AROUND US.

AND TO LEARN MORE OF YOUR DESIGN FOR OUR LIVES. IN YOUR PRECIOUS NAME WE PRAY. AMEN.

### ON THE BEACH



FATHER GOD. THANK YOU FOR THE OCEAN SO DEEP, SO VAST AND SO FULL OF LIFE. THANK YOU FOR THE SAND, SO WARM, SO PRETTY AND SO MUCH FUN TO PLAY WITH. HERE ON THIS BEACH WE WONDER AT YOUR GREATNESS AS WE LOOK AT THE SEA. LOOKING AT A GRAIN OF SAND WE REMEMBER THAT YOU MADE EACH ONE OF US UNIQUE, AND WE ARE PRECIOUS IN YOUR SIGHT. AMEN



AT PICNICS OR BBQ'S

LIVING GOD. WE GIVE THANKS FOR THIS FOOD. FOR THOSE WE ARE SHARING WITH. AND FOR THE BEAUTY OF NATURE THAT SURROUNDS US AS WE EAT. MAY THIS FOOD NOURISH OUR BODIES, LAUGHTER FILL OUR HEARTS AND YOUR CREATION INSPIRE OUR CONVERSATIONS.

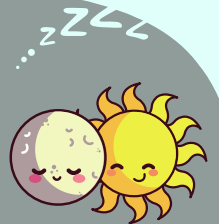
AMEN

### ON RAINY DAYS



HOLY GOD. THE RAIN IS SPLASHING DOWN WHEN WE WERE HOPING FOR SUNSHINE. OUR PLANS HAVE NOW CHANGED. AS SAD AS WE MIGHT FEEL, HELP US TO REMEMBER THE BLESSINGS EACH RAINDROP BRINGS. WITHOUT THE RAIN, THERE WOULD BE NO GRASSY FIELDS TO PLAY ON, NO TREES TO CLIMB, NO FLOWERS TO SMELL, AND NO FOOD TO EAT. THE RAIN DOESN'T STOP US FROM LAUGHING, PLAYING, AND HAVING FUN - IT JUST BRINGS DIFFERENT FUN THANK YOU GOD FOR THE RAIN. AMEN

### WHEN IT'S HARD TO GET TO SLEEP



LORD GOD,

EACH SEASON YOU CREATED BRINGS US THINGS TO ENJOY. THE AUTUMN LEAVES, THE WINTER SNOW, THE SPRING FLOWERS AND THE SUMMER SUN.

WE LOVE THESE LIGHT EVENINGS LORD AS WE PLAY OUTSIDE UNTIL LATE. BUT LORD AS I NOW REST MY HEAD, THE SUNSHINE IS STILL AWAKE AND IT'S HARD TO FEEL SLEEPY. HELP ME NOW TO REST, TO SLOW DOWN AND TO DREAM SO THAT I MAY WAKE REFRESHED IN THE MORNING, READY ONCE MORE TO ENJOY ALL THE NEW DAY BRINGS.

AMEN