

# REST

HOPE SPACES

We invite you to stop here and rest a while.

To unwind, to breathe deeply and to leave your troubles and cares with God.

Listen to the water flowing and imagine being by a river.

God is like a river bringing life to those who rely on him.

Read and pause, thinking about the poem and the piece of writing from the Bible (The Bible is a book that tells us about God).

Tell God what you need to take a break from and what you need peace about.