

Quiet Moments with God

Allow these Quiet Moments to draw you into a time of rest and reflection with the Lord. Open your heart. What is He saying to you?

Rest

Still your mind. Set aside all that distracts you right now. Breathe deeply in and out, and relax. Listen.

[Song: Healer of my Soul. JM Talbot](#) (Click to open link) (Lyrics on pages 2)

*Prayer:

O Lord...

*Please accept my distractions, my irritations,
and my faithless wanderings.*

You know me more deeply and fully than I know myself.

You love me with a greater love than I can love myself.

You even offer me more than I can desire.

*Look at me, see all my misery and inner confusion, and let me sense
your presence in the midst of my turmoil.*

All I can do is show myself to you.

*Take my tired body, my confused mind, and my restless soul into your
arms and give me rest, simple quiet rest.*

Henri JM Nouwen: extract from *A Cry for Mercy*

Jesus says to you:

Come to me and I will give you rest—

all of you who work so hard beneath a heavy yoke.

Wear my yoke—for it fits perfectly—and let me teach you:

for I am gentle and humble,

and you shall find rest for your souls;

for I give you only light burdens.”

Matthew 11:28 TLB

Healer of My Soul

John Michael Talbot

Healer of my soul
Keep me at even
Keep me at morning
Keep me at noon
Healer of my soul

Keeper of my soul
On rough course faring
Help and safeguard my means this night
Keeper of my soul

I am tired, astray, and stumbling
Shield my soul from the snare of sin

Healer of my soul
Heal me at even
Heal me at morning
Heal me at noon
Healer of my soul

Songwriters: John Michael Talbot

31 August 2022