



Take a cuppa and sit and meditate on God's word.

Our family have been blessed by readings from the life of Jacob. We use Encounter with God which is produced by Scripture Union. These are some thoughts.

Genesis 29:1-14a – Christ with me, Christ before me, Christ behind me, Christ within me. As you think through your plans for today, envisage them all in the light of these words.

Genesis 29:14b-30 – ‘Through floods and flames he leads me safely on,/ and daily makes his sovereign goodness known’. Trust yourself afresh into God’s safe keeping.

Genesis 29:31-30:24 – What do you want to say to God in thanks for your family? Do not forget your first family, your brothers and sisters in Christ throughout the world.

Genesis 31:22-42 – Our frailty as humans is evident. Consequently, we live with muddle and messiness. What does it mean for you to trust God amid what seems unfair and threatening?

Genesis 31:43-55 – ‘If it is possible, as far as it depends on you, live at peace with everyone’ Rom 12:18. Bring any situation of conflict to the Lord, seeking his forgiveness and compassion.

Genesis 32:22-32 – ‘As the deer pants for streams of water, so my soul pants for you, my God’ Psalm 42:1 Use this prayer, saying it slowly, several times.

Genesis 33 – The people of God are a work in progress. How do we best ensure that our minds are continually renewed? ‘Heavenly Father, I pray that I may live this day in your presence and please you more and more’ John Stott