

There are some creative items in the Quiet Room, which are designed to focus our thoughts and prayers. You may want to simply rest, take time out of your busy life and talk to God or you may want to have something specific to think about and do. Whatever your reason for coming...WELCOME!

The rest of this information sets out some suggestions of how you might use your time here:

- Make yourself comfortable on a chair/floor cushion (You may want to put some background music on)
- Begin in prayer by asking God to speak to you.
“Come near to God and He will come near to you.” James 4:8
- Spend some time looking at the collage, reading each of the words or phrases
 - Can you relate any of these to your own life?
 - Are there specific situations that spring to mind?
 - Are there other words you would add to the collage?
- Read Psalm 51. Read it slowly and thoughtfully. You may want to read it through a number of times.
- Talk to God. Tell him about the situations, thoughts and feelings that came to your mind as you looked at the collage.

**“You are forgiving and good, O Lord,
Abounding in love to all who call to you”
Psalm 86:5**

- Read Psalm 51 again and notice all the references to God’s washing and cleansing for our transgressions.
- Talk to God again. Come in repentance to him for the sins that you have been reminded of. Ask Him to forgive you. To wash and cleanse you.

**“If my people, who are called by my name, will humble themselves
and pray and seek my face and turn from their wicked ways, then will
I hear from heaven and will forgive their sin and will heal their land.”
2 Chronicles 7:14**

- Look at the tree and read the passage from Jeremiah and use it as a prayer. Praise and thank God.

You may want to read some of these Scriptures

Psalm 139, Isaiah 61:1-11, Isaiah 50:7, Isaiah 40:28-31, Galatians 3:26-4:7, Romans 8:28-39, Eph 1:3-8, Eph 2:11-22.