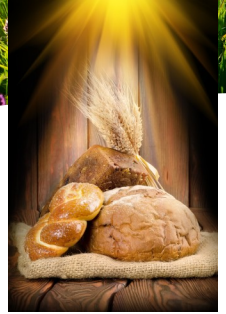


# Summer Sabbath #2

## Psalm 16:2

### Invite "Good" into your soul...



God alone is good. Apart from Him, you have no good thing. In His presence is fullness of joy.

When those scriptural truths are foundational to you, time in His presence is saving grace and as necessary as the air you breathe. One way those truths are experienced is in prayer.

If you want to learn and practice prayer exercises to inspire your prayers, be encouraged to join Saturday, August 4th from 9-11am. With the help of a moderator, you will be gently led into biblically sound meditative exercises that bring scripture truth to life within. Come and learn from the Good Shepherd, invite Him to renew your soul, and rest in His presence!

The session will start under the shelter with some beginning instruction, then participants will use an MP3 player containing preparatory meditations. Attendees will choose to either walk or find a quiet spot in the park for the recorded prayer exercises. After, the group gathers back under the shelter for the moderator led portion. The session ends with worship songs playing in the background and time for additional journaling or personal prayer. Come and see; God is good!

**Jesus is inviting the weary and heavy burdened!**

**Say "Yes!"**

**There is no regret; only blessing for those who sacrifice and steal away to be with God!**

**Saturday**

**8/4/18 from 9-11am**

**Sign up at**

**[www.intothewaters.com/calendar](http://www.intothewaters.com/calendar)**