**07. Prayer with the scripture intro**

* The third commandment: rest in peace. It is not easy to rest. Stress, work, study, fatigue, the life we don't like/society. Vacation is an escape/alienation. You have to **forget.** Endless hours in front of the TV\internet. Living in the world of fantasy, games, sports betting, soap operas/drinking/pub/Paceville. After the break you have to return to your reality and the problems are still there. If rest is an escape, an escapist/escapee cannot rest, he lives in tension.
* Our HOLIDAY is an escape from reality. The THIRD WORD TELLS US that our holiday (DAY OFF) is the blessing of the (BENEDICTION) OF THE REALITY.
* BENEDICTION IS RECONCIALIATION=celebrating your freedom
* Deuteronomy 5,12-15
* **Would you like to be happy? (first word), to have life? No one can have a truly happy** heart until they come to terms with what has happened to them/face your story. Don’t escape.
* **The question we did to you: WHERE TO FIND GOD? WHERE TO WORSHIP?**
* Christian faith is all about concrete living. Those who run away from their lives by alienating themselves cannot meet God. You need reconciliation with your story/life. Generally our problems start from there.
* In fact for us rest is detaching from the present. It is right to make a detachment, but from what?
* From the reality or from something else. Or does your story make sense or?
* Your life is not easy for sure, but it makes sense, it goes and it takes you somewhere. It brought you here. Even your sorrows brought you here.
* You were not born to survive but because there is something beautiful in you and you just have to discover it
* Reconcile with you, family, body, birthplace....bless your life, say good about your life.

Celebrate your freedom/away from slavery enter in the promised land/Enter the feast/Shabat/REST: **A TEMPTATION: DARK THOUGHTS/killer phrases**

* I am not worthy! I am ugly! I am failure/no space for me/my family didn’t want me. My daddy was a disaster/I was born in the wrong place ecc
* How to fight with dark thoughts?
* PUT ALL YOUR TRUST IN THE LORD…REJOICE! THE LORD IS NEAR/HE IS IN YOUR STORY. IN YOUR LIFE FROM THE BEGINNING
* FOR HIM YOU ARE WORTHY! For you he assumes a face/incarnation/he lives and gives His life for you.
* He pays for your life. He pays with his blood to make you free.

Silence and sharing