

Sample Flyer

TOO STRESSED TO BE BLESSED?

Let's join together for an evening of fun, relaxation and pampering. Let's refresh our minds, bodies and spirits as we think together on God's promises to take care of us in every circumstance of life, but also on His request for us to **REST** in Him. Let's take time to do just that at our very own

SPA ESCAPE

Enjoy the pampered feeling of:

A warm aromatherapy neck wrap

Soothing lip treatment

Refreshing eye treatment

Softening foot treatment

Heavenly hand treatment and more

All while focusing on God's love and care!!!

Date

Time

Place

What a great time to enjoy Christian fellowship while we relax, renew and rejuvenate. Let's set ourselves apart to "rest in the Lord" together so we can go back home

TOO BLESSED TO BE STRESSED!!!!

Scripture used during the relaxation time

Cast all your anxiety on Him because He cares for you. 1 Peter 5:7

My God will meet all your needs according to His glorious riches in Christ Jesus. Philippians 4:19

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6,7

The Lord your God is with you, He is mighty to save. He will take great delight in you, He will quiet you with His love, He will rejoice over you with singing. Zephaniah 3:17

Come to me all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls. Matthew 11:28-30.

Be still and know that I am God. Psalm 46:10

Closing Prayer

Loving Father thank you for giving us this time and this place to set ourselves apart for a while. Help us to see the importance of scheduling time for ourselves. To put our heads back, close our eyes, breathe deeply, and in so doing focus on your love and give you