

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>Taste and see that the Lord is good; blessed is the one who takes refuge in him. Psalm 34:8</i>
2 Pentecost 9 Read Matthew 14:13-21	3 <i>Worry is like a rocking chair: it gives you something to do but never gets you anywhere.</i>	4 <i>Today I will not stress over things I cannot control</i>	5 Read Genesis 37:1-4, 12-28	6 <i>Today to calm stress- draw a picture of your favourite place</i>	7 Read Psalm 105:1-6, 16-22, 45b	8 <i>We know that all things work together for good for those who love God. Romans 8:28a</i>
9 Pentecost 10 Read Matthew 14:22-33	10 <i>Not all storms come to disrupt your life, some come to clear your path.</i>	11 <i>Stop focusing on how stressed you are, & remember how blessed you are.</i>	12 Read Genesis 45:1-15	13 <i>Today to calm stress- make a home-cooked meal.</i>	14 Read Psalm 133	15 <i>Since we are justified by faith, we have peace with God through our Lord Jesus Christ. Romans 5:1</i>
16 Pentecost 11 Read Matthew 15:10-28	17 <i>Accept what is, let go of what was, and have faith in what will be.</i>	18 <i>None are so empty as those who are full of themselves.</i>	19 Read Exodus 1:8-2:10	20 <i>Today to calm stress- put on some lotion.</i>	21 Read Psalm 124	22 <i>Come to me, all you that are weary & are carrying heavy burdens & I will give you rest. Matthew 11:28</i>
23/30 Pentecost 12/13 Read Matthew 16:13-20 & 16:21-28	24/31 <i>I never lose. I either win or learn. – Nelson Mandela</i>	25 <i>It's ok to not be busy</i>	26 Read Exodus 3:1-15	27 <i>Today to calm stress- call up someone you love</i>	28 Read Psalm 105:1-6, 23-26; 45b	29 <i>The steadfast love of the Lord never ceases. Lamentations 3:22a</i>