

Helpful Bible Verses

Be still and know that I am God. **Psalm 62:1**

The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters He restores my soul. **Psalm 23**

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust. **Psalm 91**

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. **Psalm 91:4**

Come to me, all you who are weary and burdened, and I will give you rest. **Matthew 11:28**

Never will I leave you or forsake you says God. **Hebrews 13:5**

**The Well Christian Healing Centre,
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About The Well

The Well is run by Christian volunteers from the area who have been trained how to pray with people for healing and who have the backing of their local church leaders. The Well is led by Rev Anne Hibbert.

At The Well we will offer to pray for you and ask Jesus to bless you. We ourselves do not have special powers – but we do believe in the power of Jesus Christ to heal people today.

The Well is open at:
St Mary's Church, St Mary's Road, Leamington Spa, Warwickshire, CV31 1JP

TUESDAY AFTERNOON

2.30pm– 4.45pm
Last prayer starts at 4.00pm

TUESDAY EVENINGS

8.00pm– 9.45pm
Last prayer starts at 9.00pm

WEDNESDAY MORNINGS

10.00am – 12.15pm
Last prayer starts at 11.30am

You do not need to make an appointment so please drop in.

The Well is run entirely on voluntary contributions. In order to sustain Soaking Prayer Ministry we would appreciate any donations which will go towards the room hire and other costs.

There is a donation basket by the door.

Thank you!



Soaking and Resting Prayer 2018

Resting and Healing In God's Presence



'My soul finds rest in God alone'
Psalm 62:1

What is Resting Prayer?

Resting (Soaking) prayer is for anyone who wants to spend some time in stillness with God, to be in His presence and wait on Him.

It is especially beneficial for those struggling with illness and those who are in stressful situations.

We have discovered it is often beneficial to spend a longer period in silent resting prayer when we ask the Holy Spirit to gently touch those places which hurt inside because of illness, or stress or anxiety.

We start with a short talk on Father-God's love for us, then we begin our time of resting (soaking) prayer. Guests are encouraged to relax either by sitting in a chair or lying down. There is soft gentle music playing for fifty minutes. The Prayer Team pray for each guest silently during this time. A short time of personal blessing is offered at the end before guests leave.

You might want to think of resting prayer as drawing close to God, to spend time with Him, reclining or sitting with Him. It may be a time of bringing cares and concerns to God and receiving peace and healing. Resting prayer gives an opportunity of stopping the rush of life for a while and having time to be renewed and restored in Him.

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

Resting Prayer may lead to more healing or complement an earlier appointment for ministry at The Well.

When and Where

The sessions are usually held at **Dormer Conference Centre, Dormer Place, Leamington Spa, CV32 5AA.**

Sessions can also be held at **Christ Church, 2 Priory Terrace, CV31 1BA.**

Call to check if you are uncertain of the venue, on
01926 888003.

Wednesday dates are afternoon sessions, 2.30-3.45pm and Thursday dates are evening sessions, 7.15-8.45pm

Wednesday 17th January at **Dormer Place**

Thursday 1st February at **Christ Church**
Wednesday 14th February at **Dormer Place**

Thursday 1st March at **Christ Church**
Wednesday 14th March at **Christ Church**
Thursday 22nd March at **Christ Church**

Wednesday 11th April at **Christ Church**
Thursday 26th April at **Dormer Place**

Wednesday 9th May at **Christ Church**
Thursday 24th May at **Dormer Place**

Due to limited spaces you do need to book a place. You can do so online at www.wellhealing.org or by contacting The Well Office

**E-mail: office@wellhealing.org
Tel: 01926 888003**

Please bring a pillow and a blanket to make yourselves comfortable.

What Guests say about Resting (Soaking) Prayer...

"I don't know how to thank you for the love and support I have received from Soaking (Resting) Prayer."

"The Prayer has helped me so much to overcome all the stress in my life."

"I came here today wrestling with thoughts and fears but soon felt the peace of Christ fill my whole being. Thank you to The Well and each volunteer for making it such a special secret 'garden' of Christ's blessing."

"I wanted to send my thanks after attending the prayer session yesterday. What a wonderful opportunity to spend time in the Lord's presence and receive prayer from others. I went away feeling so blessed. It was my home group meeting last night and I've told them all about the sessions, which they think sounds wonderful!"

"Quality times with God."

"I wouldn't have got through this year without it."