

MONDAY KEEPING CLEAN THE JESUS WAY!

My hands have never been so clean! I'm washing them every time I pass soap and water. However, I think the government has got it wrong. Yes, wash your hands for at least 20 seconds ... but sing "Happy Birthday"? I don't think so. Along with a lot of others I try to forget my age. With my forgetfulness I'm not even sure that I recall the words.

So, when I wash my hands I say the Lord's Prayer. I've never prayed so much in my life! It takes me about 40 seconds so it more than covers the required time.



**It takes 20 seconds to
recite The Lord's Prayer.**

Try it the next time you wash your hands!

Don't you think the lines, "Your Kingdom come, your will be done on earth as it is in heaven," and "Deliver us from evil" are especially pertinent at this time?

I also use the modern words because I have to concentrate on the prayer more to get them right!

One of my favourite (and encouraging) Bible passages is, "If my people (Christians - us) who are called by my name humble themselves, pray, seek my face and turn from wicked ways, then I will hear from heaven, forgive their sin and **heal their land.**" (2 Chronicles 7:14).

So, pray the Lord's Prayer when you wash your hands ... and lots of other times as well.