HOPES
HOUSE OF PRAYER
EAST SUSSEX

Building Bridges, Knocking Down Walls

A central meeting place for all in the Body of Christ in the south-east region and beyond for the purpose of worship, prayer and intercession.

The Quiet Place

For more information please visit our website: www.hopeastsussex.org or contact us on: info@hopeastsussex.org

Matthew 6:6 *Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace. (Msge)*

Is God calling you to stop and rest a while?

Jesus said, 'There is need of only one thing' We take time from **9am to 10am** on **Mondays, Tuesdays, Thursdays, and Fridays** each week to sit at the feet of Jesus.

This involves being led into the promises of God through the scriptures and incorporates a time of silence to listen/ reflect on these truths.

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The Coach House
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