



**Sabbath
Week 3
Time is of the
Essence**

1. As I take time to rest, I experience a wealth, serenity, well-being, and delight.
2. I use my time in Sabbath to cultivate and nurture my guiding principles.
3. I reach out to others if I lose my way; I offer myself as a place of refuge for others.



**Sabbath
Week 3
Time is of the
Essence**

1. As I take time to rest, I experience a wealth, serenity, well-being, and delight.
2. I use my time in Sabbath to cultivate and nurture my guiding principles.
3. I reach out to others if I lose my way; I offer myself as a place of refuge for others.



**Sabbath
Week 3
Time is of the
Essence**

1. As I take time to rest, I experience a wealth, serenity, well-being, and delight.
2. I use my time in Sabbath to cultivate and nurture my guiding principles.
3. I reach out to others if I lose my way; I offer myself as a place of refuge for others.



**Sabbath
Week 3
Time is of the
Essence**

1. As I take time to rest, I experience a wealth, serenity, well-being, and delight.
2. I use my time in Sabbath to cultivate and nurture my guiding principles.
3. I reach out to others if I lose my way; I offer myself as a place of refuge for others.



**Sabbath
Week 3
Time is of the
Essence**

1. As I take time to rest, I experience a wealth, serenity, well-being, and delight.
2. I use my time in Sabbath to cultivate and nurture my guiding principles.
3. I reach out to others if I lose my way; I offer myself as a place of refuge for others.



**Sabbath
Week 3
Time is of the
Essence**

1. As I take time to rest, I experience a wealth, serenity, well-being, and delight.
2. I use my time in Sabbath to cultivate and nurture my guiding principles.
3. I reach out to others if I lose my way; I offer myself as a place of refuge for others.

2020 Fall Program Prayer

There is a blessing for me here, now, in this very moment. I slow down, surrender to Sabbath, and listen to Spirit.

As I take time to rest, I experience a wealth of peace, serenity, well-being, and delight. I let go of the frantic pace of outer desires and turn within to discern my genuine needs.

I affirm 'thy will be done' as an expression of my faith. I accept the greatest gift of Sabbath, the blessing of being miraculously alive.

My heart is lifted, my spirit refreshed, as I connect body, mind, and spirit with the world. And so it is, amen.

2020 Fall Program Prayer

There is a blessing for me here, now, in this very moment. I slow down, surrender to Sabbath, and listen to Spirit.

As I take time to rest, I experience a wealth of peace, serenity, well-being, and delight. I let go of the frantic pace of outer desires and turn within to discern my genuine needs.

I affirm 'thy will be done' as an expression of my faith. I accept the greatest gift of Sabbath, the blessing of being miraculously alive.

My heart is lifted, my spirit refreshed, as I connect body, mind, and spirit with the world. And so it is, amen.

2020 Fall Program Prayer

There is a blessing for me here, now, in this very moment. I slow down, surrender to Sabbath, and listen to Spirit.

As I take time to rest, I experience a wealth of peace, serenity, well-being, and delight. I let go of the frantic pace of outer desires and turn within to discern my genuine needs.

I affirm 'thy will be done' as an expression of my faith. I accept the greatest gift of Sabbath, the blessing of being miraculously alive.

My heart is lifted, my spirit refreshed, as I connect body, mind, and spirit with the world. And so it is, amen.

2020 Fall Program Prayer

There is a blessing for me here, now, in this very moment. I slow down, surrender to Sabbath, and listen to Spirit.

As I take time to rest, I experience a wealth of peace, serenity, well-being, and delight. I let go of the frantic pace of outer desires and turn within to discern my genuine needs.

I affirm 'thy will be done' as an expression of my faith. I accept the greatest gift of Sabbath, the blessing of being miraculously alive.

My heart is lifted, my spirit refreshed, as I connect body, mind, and spirit with the world. And so it is, amen.

2020 Fall Program Prayer

There is a blessing for me here, now, in this very moment. I slow down, surrender to Sabbath, and listen to Spirit.

As I take time to rest, I experience a wealth of peace, serenity, well-being, and delight. I let go of the frantic pace of outer desires and turn within to discern my genuine needs.

I affirm 'thy will be done' as an expression of my faith. I accept the greatest gift of Sabbath, the blessing of being miraculously alive.

My heart is lifted, my spirit refreshed, as I connect body, mind, and spirit with the world. And so it is, amen.

2020 Fall Program Prayer

There is a blessing for me here, now, in this very moment. I slow down, surrender to Sabbath, and listen to Spirit.

As I take time to rest, I experience a wealth of peace, serenity, well-being, and delight. I let go of the frantic pace of outer desires and turn within to discern my genuine needs.

I affirm 'thy will be done' as an expression of my faith. I accept the greatest gift of Sabbath, the blessing of being miraculously alive.

My heart is lifted, my spirit refreshed, as I connect body, mind, and spirit with the world. And so it is, amen.