



**Sabbath
Week 4
You Can't Buy
Happiness**

1. I experience true happiness as I show appreciation and gratefulness for what is already before me.
2. I am available to be surprised by the sunset, a kind gesture, or unplanned events with family and friends.
3. I let go of the frantic pace of outer desires, and turn within to discern my genuine needs.



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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.

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