



**Sabbath
Week 7
A Sabbath Day**

1. My heart is lifted, my spirit refreshed, as I light my Sabbath candle.
2. I welcome the new morning as I take time for prayer and meditation.
3. I take a walk, listen to music, draw, journal, or reach out to others as I connect body, mind, and spirit with the world.



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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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