

A serene landscape featuring a calm lake in the foreground, reflecting the surrounding environment. In the background, there are misty, rolling mountains and a dense forest of evergreen trees along the shoreline. The overall atmosphere is peaceful and tranquil, with a soft, hazy light filtering through the scene.

SOUL CARE

Rhythms of Prayer and Peace

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SABBATH

Resting, Ceasing, Being still

Prayer to Welcome the Sabbath

Lord of Creation,

Create in us a new rhythm of life

Composed of hours that sustain rather than stress,

Of days that deliver rather than destroy,

Of time that tickles rather than tackles.



Lord of Liberation,

By the rhythm of your truth, set us free

From the bondage and baggage that break us,

From the Pharaohs and fellows who fail us,

From the plans and pursuits that prey upon us




Lord of Resurrection,

May we be raised into the rhythm of your new life,

Dead to deceitful calendars,


Dead to fleeting friend requests,

Dead to the empty peace of our accomplishments




To our packed-full planners, we bid, “Peace!”
To our over-caffeinated consciences, we say, “Cease!”
To our suffocating selves, Lord, grant release.

Drowning in a sea of deadlines and death chimes,
We rest in you, our lifeline



By your ever-restful grace,
Allow us to enter your Sabbath rest
As your Sabbath rest enters into us

A vertical teal bar is positioned on the left side of the page, extending from the top to the bottom.

In the name of our Creator,
Our Liberator,
Our Resurrection and Life,
We pray.
Amen.

Genesis 2

³¹ And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

^{2:1} Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Exodus 20

“Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Deuteronomy 5

¹² “Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. ¹⁵ You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.

Exodus 16

²² On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, ²³ he said to them, “This is what the LORD has commanded: ‘Tomorrow is a day of solemn rest, a holy Sabbath to the LORD; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.’” ²⁴ So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it. ²⁵ Moses said, “Eat it today, for today is a Sabbath to the LORD; today you will not find it in the field. ²⁶ Six days you shall gather it, but on the seventh day, which is a Sabbath, there will be none.”

Exodus 16

27 On the seventh day some of the people went out to gather, but they found none. 28 And the LORD said to Moses, "How long will you refuse to keep my commandments and my laws? 29 See! The LORD has given you the Sabbath; therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day." 30 So the people rested on the seventh day

A serene landscape featuring a calm lake in the foreground, reflecting the surrounding environment. In the background, there are rolling mountains and dense forests, all shrouded in a soft, hazy atmosphere. The overall color palette is dominated by cool blues and greens, creating a peaceful and tranquil mood. The text 'SABBATH = TRUST' is centered in the middle of the image in a dark, bold, sans-serif font.


SABBATH = TRUST

A serene landscape featuring a calm lake in the foreground, reflecting the surrounding environment. The background consists of misty, rolling mountains and a dense forest of evergreen trees along the shoreline. The overall color palette is soft and muted, with shades of teal, light blue, and pale green, creating a peaceful and ethereal atmosphere.

Psalm 23

Mark 2

²³ One Sabbath he was going through the grain fields, and as they made their way, his disciples began to pluck heads of grain. ²⁴ And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?” ²⁵ And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him: ²⁶ how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?” ²⁷ And he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is lord even of the Sabbath.”



Sabbath was given to us as a blessing,
NOT as a burden

Experiments in Sabbath

What helps you rest?

What gives you peace?

What helps you recharge?

**Creativity will be helpful*

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