



Sabbath



Prayers for Leaving Sacred Time

Preparing for the End of Sabbath

1. This liturgy is to be used as a way to end your Sabbath, preferably at the end of the day, but that's not a requirement. For example, if you have young children, you might end Sabbath time at supper. Or, it could be that your Sabbath pause happens at 11:30 on a Sunday morning and lasts for just a few hours.
2. Have 2 candles and matches ready. On one candle you might want to write "observe," and on the other, "remember."
3. Have your "Sabbath Altar" nearby. (See the liturgy to welcome Sabbath for more details.)
4. You are encouraged to have at hand some scented oil. Or have some "plain" oil and something that offers up a pleasant aroma, such as a cup of spices, or a cinnamon stick, or freshly ground coffee, or incense (feel free to be creative!).
5. Please read the text in **bold** print.
 - * NOTE: This ritual may be done with a group or alone. It may also be done with or without the accompanying recording. In the latter case, feel free to sing different songs (or none at all), and to assign different readings to different participants.



*If you'd like to know more about Sabbath, please take a look at the liturgy for **Entering Sabbath** posted on our website. You can also find resources listed at the end of this document.*



WELCOME

The ease of the Father who takes leisurely evening strolls,
the companionship of the Son whose yoke gives rest,
the comfort of the Spirit who breathes new life in dead and weary bones,
and the company of the saints
 who have found eternal life and joy in the rhythms of sacred time
be with you all.

THE GREETING PRAYER

Bless the One whose Presence has been our shelter this day with the following words:

**Blessed are You, Yahweh our God, King of the universe,
 who brings forth the Light from the earth.
Blessed are You, Jesus our Messiah,
 who is the light of this world and who came to redeem it from darkness.
Blessed are You, Divine Spirit,
 who illuminates us and guides us deeper into the ways and truths of Life.**

*Light the Sabbath candles while the song is sung.
If children are present, perhaps let them do the honours.*

SINGING ~ *General Thanksgiving*

Lyrics taken from the daily order for morning prayer in the Book of Common Prayer.

Almighty God, Father of all mercies:
Here, we your unworthy servants give you humble thanks
For you are good and full of lovingkindness,
Pouring out your love to us and all whom you have made.
We bless you, Lord, for our creation, preservation,
And the blessings of this life;
But most of all for your immeasurable love,
The redemption of the world by Jesus Christ,
For the means of grace, and the hope of glory.

And give us such awareness of your mercies,
That with truly thankful hearts we may show forth your praise,
Not only with our lips but in our whole lives,
Giving up ourselves to serve you, walking in your ways
In holiness and righteousness all of our days.
And now, through Jesus Christ our Lord,
To whom, with you and with the Holy Spirit, raise
All the honor and the praise for evermore.
Amen, Amen.

—Liturgical Folk

RECOLLECTION: BEST THING

Pause your playback device, and take a few moments to consider this question:

*As you think through the last day (or hours) since you entered Sabbath,
what has been your “best thing”?*

Once everybody has decided, take the scented oil
(or the fragrant item, such as spices, or cinnamon stick, or freshly ground coffee)
and pass it clock-wise around the room.

As each person holds the container, they can breathe the aroma in deeply.
The shalom—the wholeness—we have experienced is part of us, and goes with us.
Once the person has shared the best thought, experience or memory of this Sabbath,
they can pass the container to the next person.

If you’re by yourself,
savour the aroma as you speak out loud the gifts you’ve enjoyed today.



Having appreciated the goodness of this day,
it’s time to turn our attention to the week to come.

Let each person take up the things they put in the Sabbath Altar.
People can hold these things as the oil is passed clockwise around the circle.

This time, each person takes a turn to put a small amount of oil
on his or her thumb and first two fingers.

He or she then marks the cross on the forehead of the person to the left,
and blesses them by speaking the words,
“Go peacefully,” perhaps with the person’s name.

The sweetness of the day’s shalom should linger on us, and become part of us, and be
carried with us as we walk into the days and activities of the week to come.



CLOSING PRAYER

Step into the new week by praying the following words.

Blessed Three-in-One:

Thank you for the blessing of Sabbath time.

**Your Holy Presence has come to rest—tabernacled—among us,
and we have been renewed;**

**Your Holy Spirit—your *ruach*—rests upon us and dwells within us,
and we have been refreshed.**

O Merciful King,

we ask that in the week to come:

incline our hearts and minds to Your Word;

fill our mouths with Your praise;

guide our steps in the paths of righteousness;

and bless and prosper the work of our hands

so that the world might share in the rest of your blessing and redemption.

May the love and the light which You have imparted to us,

radiate through us to the world around us,

for the sake of your kingdom;

to the glory of your Name.

Amen.

SINGING ~ *For the Journey*

May the Lord bless and keep you,

May His face shine upon you,

May His graciousness be like an endless stream.

May the Lord show His favour

To your house and your neighbour

Until last remaining strains of striving cease;

May He grant you peace.

—Steve Bell



RESOURCES

A SAMPLING OF SCRIPTURES RELATED TO SABBATH

- Genesis 2:2-3
- Exodus 20:8-10; 31:14; 33:14
- Deuteronomy 5:14
- 1 Kings 8:56
- 1 Chronicles 23:25
- Psalm 116:7; 127:2
- Isaiah 28:12; 30:15
- Jeremiah 6:16
- Ezekiel 34:15
- Matthew 11:28-29
- Mark 2:27
- Hebrews 4:9-11

ONLINE RESOURCES WORTH A LOOK

<https://kara-root.blogspot.com/2020/05/a-whole-day.html>

<https://kara-root.blogspot.com/2016/09/work-rest-repeat-aka-trust-training.html>

<https://kara-root.blogspot.com/2016/10/work-rest-repeat-aka-belonging-training.html>

<https://kara-root.blogspot.com/2015/03/the-move-to-freedom.html>

<https://kara-root.blogspot.com/2014/02/24-hour-deep-breath-or-why-is-sabbath.html>

<https://kara-root.blogspot.com/2012/06/rest-expected-and-elusive.html>

<https://www.lakenokomispc.org/uploads/2/9/8/7/29872037/2015juneptkeepingthesabbath.pdf>

<https://www.lakenokomispc.org/horizons-2016-article.html>

<https://faithandleadership.com/kara-k-root-stop-rest-come-back-real-life-reason-sabbath>

<https://faithandleadership.com/minneapolis-congregation-finds-new-life-through-ancient-practice-keeping-sabbath>

<https://www.lakenokomispc.org/uploads/2/9/8/7/29872037/sabbath- gift of rest.pdf>

NOTEWORTHY BOOKS

Mark Buchanan, *The Rest of God: Restoring Your Soul by Restoring Sabbath*

Justo L. Gonzalez, *A Brief History of Sunday: From the New Testament to the New Creation*

Wayne Muller, *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*