

A Sabbath Blessing

Draw breath – long and deep.

Let your mind be stilled,

For now is a time to be.

Enter the sanctuary of rest,

Loved just as you are,

Liberated from expectation or demand.

Be freed from the tyranny of the machine,

Released from all that grinds, gnaws and overwhelms.

Lay down your burdens,

If just for a while,

For today is Sabbath –

A day to switch off,

Recharge and be blessed.

So embrace the ancient rhythm,

Shorn of compulsive rushing.

Enter into the flow of all creation,

And let it carry you.

Dream the dreams of drifting clouds,

Mesmerised by the swirl of river jetsam,

And soothed by the gently lapping waves,

As they tell of a distant shore.

For today you are free –

Free to be,

Free to think,
Free to imagine,
Free to explore,
Free to play,
Free to sing out,
Free to create,
Free to love.

May you find freshness in the empty space,
And peace in the pause of relentlessness.
May you delight in this fallow time,
As you cherish the slow simplicity.

Be attentive to your soul,
Be restored,
Renewed,
Refreshed,
Refilled –

Shabbat.