



Sabbath Prayer Before Lighting the Candles

Before the Meal

Almighty God, who after the creation of the world rested from all your works and sanctified a day of rest for all your creatures: Grant that we, putting away all earthly anxieties, may be duly prepared to enter your Sabbath. And may this rest here upon earth be a preparation for the eternal rest promised to your people in heaven; through Jesus Christ our Lord. Amen.

Adapted from the Book of Common Prayer



Sabbath Prayer of Blessing

Close the meal

God of rest,
Today I make the active choice
To enter into your rest,
And to join with you
In delighting in this good world you
have made,
And dreaming of the perfect world you
will remake.

I choose to tune out,
Of demands and deadlines,
Of the pressures of hurry and distraction,
Of that which robs my soul of joy,
And the ways in which the world
Seeks to define and shape my identity

I choose to tune in,
To your affirmation and love,
To the celebration of freedom,
To worship and your word,
To the enjoyment of that which fills my
soul with joy,
And reminds me of my identity in Christ,
As a deeply loved child of God.

Amen.

Adapted from Christ Church London
Sabbath Guide