Welcome

Lighting the Christ Candle

Words to Ponder

“The clear promise is that those who rest like God find themselves free like God, no longer slaves to the thousand compulsions that send others rushing toward their graves.”

— Barbara Brown Taylor

Prelude

The Call

Genesis 1:31 - 2:3 (The Voice)

Then God surveyed everything that had been made, savoring its beauty and appreciating its goodness. 

Evening gave way to morning. That was day six.

So now you see how the Creator swept into being the spangled heavens, the earth, and all their hosts in six days. 

On the seventh day—with the canvas of the cosmos completed—God paused from labor and rested. 

Thus God blessed day seven and made it special—an open time for pause and restoration, a sacred zone of Sabbath-keeping, because God rested from all the work God had done in creation that day.
Gathering Prayer

“Sabbath Blessing”

Even in the desert,
even in the wilderness,
even in the midst of
mindlessness and uncertainty,
sabbath comes.
May you keep it.
Light the candles,
say the prayers:
Welcome, sabbath.
Welcome, rest.
Enter in
and be our guest.
Amen.

Children’s Time

Jill Stoll

Scripture Reading

Mark 2:23-28 (The Message)

One Sabbath day he was walking through a field of ripe grain. As his disciples made a path, they pulled off heads of grain. The Pharisees told on them to Jesus: “Look, your disciples are breaking Sabbath rules!”

Jesus said, “Really? Haven’t you ever read what David did when he was hungry, along with those who were with him? How he entered the sanctuary and ate fresh bread off the altar, with the Chief Priest Abiathar right there watching—holy bread that no one but priests were allowed to eat—and handed it out to his companions?” Then Jesus said, “The Sabbath was made to serve us; we weren’t made to serve the Sabbath. The Son of Man is no yes-man to the Sabbath. He’s in charge!”

Music for Reflection

Message

“Rest in You”

Prayers of the People/Lord’s Prayer

Our Father who art in Heaven, hallowed be thy name. Thy kindom come, thy will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil, for thine is the kindom, and the power and the glory forever. Amen.

Song of Response

“Rest in You”

Amelia Lloyd, vocalist

Leonard, Fox & Jordan

Thanksgiving to God

Breathing in God’s Blessings

Blessing and Commissioning
Sources:


Gathering Prayer is “Blessing,” adapted from Jan Richardson, part of the series *Teach Me Your Paths: A Pilgrimage into Lent*. www.paintedprayerbook.com
Come and Find the Quiet Center

1. Come and find the quiet center in the crowded life we lead, find the room for hope to enter, find the frame where we are freed: clear the chaos and the clutter, clear our eyes, that we can see all the things that really matter, be at peace, and simply be.

2. Silence is a friend who claims us, cools the heat and slows the pace, God it is who speaks and names us, knows our brate the space we gain: there's a place for deepest courage when we're shrinking, finding scope for faith begun. Spirit it's lively scheming there is always room to spare!

3. In the Spirit let us travel, open to each other's pain, let our loves and fears unravel, celebrate