



Sabbath Orders for Worship

BY HUNTER & KAIT POPPA

Sabbath Orders for Worship

Copyright © 2024 by Hunter Poppa and Kait Poppa

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, New International Version®, NIV®. Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com The "NIV" and "New International Version" are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™ Scripture quotations marked (CJB) are taken from the Complete Jewish Bible by David H. Stern. Copyright © 1998. All rights reserved. Used by permission of Messianic Jewish Publishers, 6120 Day Long Lane, Clarksville, MD 21029. www.messianicjewish.net. Scripture quotations marked (ESV) are from The ESV® Bible (The Holy Bible, English Standard Version®), © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. Scripture quotations marked (TLV) are taken from the Holy Scriptures, Tree of Life Version*. Copyright © 2014,2016 by the Tree of Life Bible Society. Used by permission of the Tree of Life Bible Society. "TLV" and "Tree of Life Version" and "Tree of Life Holy Scriptures" are trademarks registered in the United States Patent and Trademark office by the Messianic Jewish Family Bible Society (DBA Tree of Life Bible Society).

Italics in Scripture quotations reflect the authors' added emphasis.

Design, text, and artwork by Hunter Poppa and Kait Poppa.

All rights reserved. No part of this ebook may be reproduced or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the authors.

First Edition.

www.hunterandkaitpoppa.com



The Son of Man is Lord of the Sabbath

"One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, 'Look, why are they doing what is unlawful on the Sabbath?'

He answered, 'Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.'

Then he said to them, 'The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.'"

Mark 2: 23-28



Introduction to the Sabbath Order for Worship

Preparing for Sabbath

It's time to get ready to rest!

- Be sure that all work, chores, and errands are complete before Sabbath starts at sundown so that all distractions and labor can be set aside for the sake of uninterrupted rest.
- As a day set apart, Sabbath is a time for you to take a break from your normal Scripture reading and memory plan in an effort to focus on Sabbath-related Scripture; this will help keep the mind focused on rest and God's purpose for it.
- Make a written plan of what your day of rest will look like.
 - This is meant to be a guide, not an itinerary.
 - It can be as specific or as open-ended as you'd like.
 - The only purpose of this is to help you be intentional with your time of rest.
 - As we practice a Sabbath day of rest, our prayer is to carry this state of living from a place of rest with us into the coming week.

Light a candle (or more) to signify the start of this time of Sabbath that is set apart.

Prayer: Father God, I light this candle to signify the cessation of this week's work and the beginning of this week's Sabbath rest. Bless this time that is set apart for resting, delighting, and worshiping. Thank You, Lord, that as You completed Your work of creation, You set a precedent for Mankind to rest. Mankind's very first day on this earth was spent resting with You. I join You now in delighting and resting in all of Your completed work. Thank You, God. Amen.

It's time to feast with friends and family!

Prayer: On the seventh day of creation, God, You finished the work You had been doing and then rested. You blessed this seventh day and made it holy, set apart, because on it You rested from all the work of creating that You had done. Thank You, God, that as we partake in this Sabbath feast tonight, we are reminded of this—that we are entering a time of holy rest and delight in You. Thank You for blessing this time, Father. Amen.

Close the night in worship.

- Walk through Evening Order of Daily Worship.
- Pick a song or two and sing to God in praise and gratitude (with or without instruments).
- Have an extended time of intercession and petition with your friends and family.

A note on taking an extended Sabbath (anywhere from several days to several weeks) to refresh and reconnect with God, similar to a sabbatical...

- This is a vacation with the purpose of intentionally resting and disconnecting from your normal routine (you shouldn't need to take a vacation from your vacation—don't sneak in work or pack your time with so many activities that you don't actually end up resting).
- When planning your next extended Sabbath, think of places and activities that will bring soulful rest that you can carry with you into the rest of the year (just as a normal day of Sabbath brings rest into our weeks).



Sabbath Order for Worship

Morning Worship

Call to Worship: Song of Praise (Benedictus es, Domine)

Glory to You, Lord God of our fathers; You are worthy of praise; glory to You. Glory to You, for the radiance of Your holy Name; I will praise You and highly exalt You forever. Glory to You in the splendor of Your temple; on the throne of Your majesty, glory to You. Glory to You, seated between the Cherubim; I will praise You and highly exalt You forever. Glory to You, beholding the depths; in the high vault of heaven, glory to You. Glory to You, Father, Son, and Holy Spirit; I will praise You and highly exalt You forever. Amen.

From Book of Common Prayer

Recommitment to Jesus

- Recommitment to Jesus as Savior and Lord and confession of the Gospel:
Lord Jesus, thank You for this new day and time of Sabbath rest—for Your endless mercies that are renewed with the rising of the sun. I commit myself—everything that I am and all that this day holds—to You, Jesus. I am Yours because of Your healing work on the cross, when Your blood poured out to remove, forever, every barrier of sin between me and the Father. I am alive in You, Christ, because You took on the corruptible form of man, lived a perfect life, and atoned for the sins of the world—including mine—defeating sin forever by Your death on the cross, and then defeating death forever by Your eternal resurrection. I confess this all not by my own power, but by the power of Your Holy Spirit living in me, Who reminds me daily that I am no longer a slave to sin but walk in the Light of Christ. Thank You, Lord. Amen.
- Confessing the Apostles' Creed:
I believe in God,
the Father Almighty,
Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,

born of the Virgin Mary
suffered under Pontius Pilate,
was crucified, died and was buried;
He descended into hell;
on the third day He rose again from the dead;
He ascended into heaven,
and is seated at the right hand of God the Father Almighty;
from there He will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Confession of Sin

Thank You, God, that by the power of Your Spirit, I am able to resist sin and am no longer under obligation to the flesh. Thank You that, because of this, I can resist the devil and he will flee from me, unable to claim a foothold in my life. Holy Spirit, please bring to mind now any sin that I need to confess before God in this moment...

Assurance of Pardon

- Hebrews 4:15-16

Sabbath Scripture Meditation

- Genesis 2:2-3
- Exodus 20:8-11

Intercession and Petition

Lord, I do believe. Please help my unbelief.

From Mark 9:24

- Lift up specific requests to God and praise Him for answered prayers.
 - Pray for the fruit of the Spirit to be evident in your life, asking Him to show you what fruit you will particularly need that day so you can depend on Him for it: Holy Spirit, I breathe in Your love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control today.
 - Rededicate/reaffirm vows regarding marriage/family/personal walk with God/ministry.

Saint Francis of Assisi Prayer

Lord, make me an instrument of Your
peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so
much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal
life. Amen.

Saint Patrick's Breastplate

I summon today all these powers between me and those evils, against every cruel and merciless power that may oppose my body and soul, against incantations of false prophets, against black laws of pagandom, against false laws of heretics, against craft of idolatry, against spells of witches and smiths and wizards, against every knowledge that corrupts man's body and soul; Christ to shield me today against poison, against burning, against drowning, against wounding, [against sickness], so that there may come to me an abundance of reward.

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,

Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of everyone who
thinks of me,
Christ in the mouth of everyone who
speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I arise today through a Mighty Strength, the invocation of the Trinity, through belief in the Threeness, through confession of the Oneness of the Creator of creation. Amen.

Putting on the Full Armor of God

Today, I will be strong in the Lord and in His mighty power. I now put on the full armor of God, so I can take my stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world, and against the spiritual forces of evil in the heavenly realms.

Because of this, I now put on the full armor of God, so that when evil comes, I will stand my ground, and after I have done everything, to stand. I stand firm, then, with the belt of truth buckled around my waist, with the breastplate of righteousness in place, and with my feet fitted with the readiness that comes from the Gospel of peace. I also take up the shield of faith, with which I will extinguish all the flaming arrows of the evil one. I take up the helmet of salvation and the sword of the Spirit, which is the Word of God.

And I will pray on all occasions with all kinds of prayers and requests. With this in mind, I will be alert and always keep on praying for all the Lord's people. Amen.

From Ephesians 6:10-18

A Collect for Grace

Lord God, Almighty and Everlasting Father, You have brought me in safety to this new day: Preserve me with Your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do, direct me to the fulfilling of Your purpose; through Jesus Christ my Lord. Amen.

From the Book of Common Prayer

Doxology

Praise God, from whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. Amen.



Midday Worship

Meant to be done outside amongst God's creation.

Sabbath Scripture Meditation

- Mark 2:23-28

Recentering on God—A Moment of Silence and Solitude

Be still and know that I am God.

Be still and know.

Be still.

Be.

From Psalm 46:10

Father God, I pause my day to recenter, reconnect, return, and restore my union with You out of my desire to not forget You today...

- Take a moment to enter into a time of listening prayer.
 - Close your eyes and breathe deeply and exhale slowly a few times.
 - Then, pray a simple, invitational breath prayer as you listen for God to move.

A Song of Creation (*Benedicite, omnia opera Domini*)

I. Invocation

Glorify the Lord, all you works of the Lord, praise Him and highly exalt Him forever. In the firmament of His power, glorify the Lord, praise Him and highly exalt Him forever.

II. The Cosmic Order

Glorify the Lord, you angels and all powers of the Lord, O heavens and all waters above the heavens. Sun and moon and stars of the sky, glorify the Lord, praise Him and highly exalt Him forever. Glorify the Lord, every shower of rain and fall of dew, all winds and fire and heat. Winter and summer, spring and autumn, glorify the Lord. Praise Him and highly exalt Him forever.

Winter: Glorify the Lord, O chill and cold, drops of dew and flakes of snow. Frost and wind, ice and sleet, sacred slumber waiting for the coming rebirth, glorify the Lord. Praise Him and highly exalt Him forever.

Spring: Glorify the Lord, O time of renewal and awakening. Budding vines and trees, blooming flowers, gentle breezes, and pastel hues all echoing: the earth is coming back to life, glorify the Lord. Praise Him and highly exalt Him forever.

Summer: Glorify the Lord, O vibrant landscape and leisurely sun-kissed days. Flowers bloom with its ripened fruit, sowing for the harvest season to come. Starry nights and cool evenings after the invigorating midday sun, glorify the Lord. Praise Him and highly

exalt Him forever.

Autumn: Glorify the Lord, O rustling autumn leaves and bountiful harvest time. Reds, oranges, yellows, and greens—the earth's warmth breaking through and falling away, preparing for a cold winter's rest, glorify the Lord. Praise Him and highly exalt Him forever.

Glorify the Lord, O nights and days, O shining light and enfolding dark. Storm clouds and thunderbolts, glorify the Lord, praise Him and highly exalt Him forever.

III. The Earth and its Creatures

Let the earth glorify the Lord, praise Him and highly exalt Him forever. Glorify the Lord, O mountains and hills, and all that grows upon the earth, praise Him and highly exalt Him forever. Glorify the Lord, O springs of water, seas, and streams, O whales and all that move in the waters. All birds of the air, glorify the Lord, praise Him and highly exalt Him forever. Glorify the Lord, O beasts of the wild, and all you flocks and herds. O men and women everywhere, glorify the Lord, praise Him and highly exalt Him forever.

IV. The People of God

Let the people of God glorify the Lord, praise Him and highly exalt Him forever. Glorify the Lord, O priests and servants of the Lord, praise Him and highly exalt Him forever. Glorify the Lord, O spirits and souls of the righteous, praise Him and highly exalt Him forever. You that are holy and humble of heart, glorify the Lord, praise Him and highly exalt Him forever.

V. Doxology

Let us glorify the Lord: Father, Son, and Holy Spirit; praise Him and highly exalt Him forever. In the firmament of His power, glorify the Lord, praise Him and highly exalt Him forever.

From the Book of Common Prayer

Praise to the God of Creation

- Psalm 136:1-9

Confession of Sin

Thank You, God, that by the power of Your Spirit, I am able to resist sin and am no longer under obligation to the flesh. Thank You that, because of this, I can resist the devil and he will flee from me, unable to claim a foothold in my life. Holy Spirit, please bring to mind now any sin that I need to confess before God in this moment...

Assurance of Pardon

- Ezekiel 36:25-27

Closing Listening Prayer

Father God, I want to close this time of midday prayer and praise in silent reverence as I rest in You on this Sabbath day. If there is anything You wish to reveal to me, I'm listening, Holy Spirit...

Closing Psalm

Adonai is my Shepherd, I lack nothing.
He makes me lie down in green pastures.
He leads me beside quiet waters.
He restores my soul.

He leads me in paths of righteousness for His Name's sake.
Even though I walk through the valley of the shadow of death,
I will fear no evil, for You are with me.
Your rod and Your staff, they comfort me.

You prepare a table before me in the presence of my enemies.
You anoint my head with oil, my cup overflows.

Surely Your goodness and mercy will pursue me all the days of my life,
and I will dwell in the House of *Adonai* forever.

From Psalm 23 [(NIV), (TLV), (CJB)]



Evening Worship

O Gracious Light (Phos Hilaron)

O gracious Light, pure brightness of the everliving Father in heaven, O Jesus Christ, holy and blessed! Now as I come to the setting of the sun, and my eyes behold the vesper light, I sing Your praises, O God: Father, Son, and Holy Spirit. You are worthy at all times to be praised with happy voices, O Son of God, O Giver of life, and to be glorified through all the worlds.

Confession of Sin

Thank You, God, that by the power of Your Spirit, I am able to resist sin and am no longer under obligation to the flesh. Thank You that, because of this, I can resist the devil and he will flee from me, unable to claim a foothold in my life. Holy Spirit, please bring to mind now any sin that I need to confess before God in this moment...

Assurance of Pardon

Praise the Lord, my soul; all my inmost being, praise His holy Name. Praise the Lord, my soul, and forget not all His benefits—Who forgives all my sins and heals all my diseases, Who redeems my life from the pit and crowns me with love and compassion, Who satisfies my desires with good things so that my youth is renewed like the eagle's.

The Lord works righteousness and justice for me and all the oppressed. He made known His ways to Moses, His deeds to the people of Israel: The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will He harbor His anger forever; He does not treat me as my sins deserve or repay me according to my iniquities. For as high as the heavens are above the earth, so great is His love for me and those who fear Him; as far as the east is from the west, so far has He removed my sins from me. Amen.

From Psalm 103:1-12

Sabbath Scripture Meditation

- Luke 6:6-10

Gratitude Practice

- Verbalize the highlights of the day and thank God for them.
- Thank God for the gift of Sabbath and for the rest that was enjoyed today.

Intercession and Petition

Lord, I do believe. Please help my unbelief.

From Mark 9:24

- Lift up specific requests to God and praise Him for answered prayers.

Prayer of Peace and Protection

Father, clear and clean my mind at today's end to restore union with You. I release my anxious thoughts about the day to come so that I can rest in peace knowing I am safe in Your arms.

I now release _____. Holy Spirit, I breathe in Your peace. God, protect my mind, body, soul, and spirit as I rest. Thank You for Your peace. Amen.

"In peace I will lie down and sleep, for You alone, LORD, make me dwell in safety."

Psalm 4:8

Closing Collect

I give you thanks, O God, for revealing Your Son Jesus Christ to me by the light of His resurrection: Grant that as I sing Your glory at the close of this day, my joy may abound in the morning as I celebrate the mystery of our faith; through Jesus Christ my Lord. Amen.

From the Book of Common Prayer's A Collect for Saturdays

Proclaiming the Mystery of Our Faith

Christ has died.

Christ is risen.

Christ will come again.

Book of Common Prayer

Doxology

Praise God, from whom all blessings flow;

Praise Him, all creatures here below;

Praise Him above, ye heavenly host;

Praise Father, Son, and Holy Ghost. Amen.

Closing Refrain

Guide me by waking, O Lord, and guard me sleeping; that awake I may watch with Christ, and asleep I may rest in peace.

Antiphon from the Book of Common Prayer





