

## Sabbath

Father, when You invite us to observe a sabbath,  
You are not placing a burden on us.

You are removing a burden from us.

Like the children of Israel, You are teaching us that  
we are no longer slaves,  
forced to scramble every moment.

We are free.

We are children of the King.

We are the people of the Almighty, All-loving God.

You are inviting us to set aside all our labors for one day a week and  
simply rest and  
turn our minds and hearts to You;

You are reminding us of  
Who You are and  
who we are in You.

Your purpose is not to restrict us  
but to let us taste the freedom that is  
ours in You;  
to re-orient our lives around  
our gracious, all-wise Creator.

So thank You, loving Father,  
for this one day every week.

Help us to think,  
not of what we can't do,  
but what we don't have to do and  
what we are privileged to do.

Teach us how to truly rest,  
joyfully and  
freely,  
with You and  
in You.

Hymn: [Sabbath](#)