

# Liturgy for a Sabbath Meal

## # Candle lighting

*Mother:* God said

*All:* **Let there be light.**

*Mother:* Blessed are you, O Lord our God, who has given us your living word and told us to call sabbath a delight. We light these candles to honour this time of rest that you have given to us. We give back to you a willing offering of our time.

Your word is a lamp to our feet and a light to our path. May the light of your presence guard, lead and guide all who sit at this table. May we, your family, walk in all your ways, obey your word and do good to everyone. Keep us free from shame, harm, grief and care, and grant that peace, joy and light may ever fill these hearts and this home. For with you is the fountain of life and in your light do we see light.

## # Welcoming the Sabbath

*Leader:* And there was morning and there was evening - the sixth day. The heavens and the earth were completed in all their vast array.

By the seventh day God had finished the work he had been doing, so he rested from all his work. And he gave the Sabbath as a gift to the people he loves so much. He made it holy - a special day different from other ordinary days - because he himself rested from all the creative work he had been doing.

And God said, "Six days you shall labour and do all your work, but the seventh day is a Sabbath, set aside for the Lord, your God" *Exodus 20:8*

*All:* **We rest.**

*Leader:* We rest from our work, putting aside all the stress and pressure of it, all thought of it, remembering instead all God's good gifts of life and joy, friendship and fellowship.

*All:* **We remember.**

*Leader:* We remember that God made the entire universe and that he loves everything about it. We remember that he made us, and how he has cared for us this week. We also recall that just before he died, Jesus said, when you break bread, drink wine and eat together, remember me. And so we prepare to remember Jesus, our saviour, healer, and redeemer, the promised liberator of God's amazing creation.

*All:* **We welcome him.**

*Leader:* We welcome the Lord as a bride welcomes her bridegroom.

## **# The symbols of bread and wine**

*Leader fills his/her glass and holds it up*

*Leader:* Wine is a symbol of rest and rejoicing and so we say

*All:* **Blessed are you O Lord our God, King of the universe, who gives us the fruit of the vine.**

*The cup is passed around*

*Leader:* Bread is the symbol of the work that we have to do, whether it is paid work or not.

*All:* **Blessed are you, O Lord our God, King of the universe, who gives us bread from the earth.**

*The bread is broken and passed around. During this time, people are invited to pray for those who have no work, or no food. For those who have no rest or joy in life and need God's healing.*

## # The Blessing

**All: If you walk with me on the Sabbath and don't use it for personal reasons,  
If you welcome it as a joy, and treat it as a special celebration,  
If you honour it by refusing "business as usual," making money and running here and there—then you'll be free to enjoy your God.  
And I'll make you ride high and soar above it all,  
I'll make you feast on the blessings of your inheritance in Christ.**

*The Leader or Father blesses his wife, saying:*

A good woman is hard to find and worth more than diamonds. Many women have done wonderful things, but you outclass them all. *Proverbs 31*

*The couple then lay their hands on each child present and bless them, and then all say this Celtic Blessing for the Children:*

**All: O Thou, to whom to love and be are one,  
hear my faith-cry  
for them who are more thine than mine.  
Give each of them what is best for each.  
I cannot tell what it is. But Thou knowest.  
I only ask Thou love them and keep them  
with the loving and keeping  
thou didst show to Mary's Son and Thine.**

**All: Lighten our darkness, Lord we pray, and in your mercy, defend us from all dangers and perils of this night. For the love of your only Son, our Saviour Jesus Christ. Amen**