

## **PRAYER TO WELCOME SABBATH**

*From Common Prayer:  
A Liturgy for Ordinary Radicals*

Lord of Creation,  
Create in us a new rhythm of life  
Composed of hours that sustain  
Rather than stress,  
of days that deliver rather than destroy,  
of time that tickles rather than tackles.

Lord of Liberation,  
By the rhythm of your truth,  
Set us free  
From the bondage and baggage that breaks us,  
From the Pharaohs and fellows who fail us,  
From the plans and pursuits that prey upon us.

Lord of Resurrection,  
May we be raised into rhythms of your new life,  
Dead to deceitful calendars,  
Dead to fleeting friend requests,  
Dead to the empty peace of our accomplishments.  
To our packed-full planners, we bid, "Peace!"  
To our over-caffeinated consciences, we say,  
"Cease!"  
To our suffocating selves, Lord, grant us release.  
Drowning in a sea of deadlines and death chimes,  
We rest in you, our lifeline.  
By your ever-restful grace,  
Allow us to enter your Sabbath rest  
As your Sabbath rest enters into us.  
In the name of our Creator,  
Our Liberator,  
Our Resurrection and Life,  
We pray.  
Amen