

A TEMPLATE FOR SABBATH

From Practicing the Way Sabbath Meditations

- Put away phones, devices, wallets, and anything that keeps you from Sabbath rest into a “Sabbath box.”
- Write out any fears, sorrows, or unfinished tasks on little pieces of paper, and prayerfully put them into the box as a way of setting them aside for the next twenty- four hours.
- Sit around the table, ideally with friends or family. You can sabbath alone, but it is best experienced with others. Beginning the Sabbath with a meal is a great idea to consider.
- Light two candles, symbolic for the two commands to “remember the Sabbath” (Ex. 20) and “observe the Sabbath” (in Deut. 5).

- Say a prayer to welcome the Sabbath.
Here is an [example](#).
- Speak this blessing to one another:
“May you be happy and at peace on this Sabbath.”
- Raise your glasses in joy and welcome the Sabbath by saying, “Shabbat Shalom!”
(The Peace of Sabbath!)

To end, you may want to follow this basic template:

- Gather together in a comfortable place.
- Light two candles.
- Each share your highlight of the Sabbath.
- End in a prayer of gratitude for the Sabbath and anticipation for the next Sabbath.