

The Welcoming of the Shabbat – Lighting of the Candle

Mighty wind of God,
You brood over our lives,
and speak new life into our chaos,
kindling light in the darkness
making the Sabbath Holy

Light a single Shabbat candle

**Light the candle, keep a Sabbath to the Lord.
Light the candle, come, be restored.
Light the candle, welcome the day.
Receive it ... hold it ... treasure it.
Welcome the day.
Welcome the day.**

Lord, in the light of your holy Sabbath
each day is holy:
In the overflowing of Sabbath joy,
each moment is sacred.

**Blessed be God
who gives us the Sabbath
And leads us to the waters of stillness.**

The day is not a day but an attitude, a disposition,
a rest in the human heart.
So carry no burdens on this Sabbath day,
rather, when God rests in you,
so you also rest in Him.
And when God does His work in you,
so you also do your work in Him.

**Welcome the day,
receive the gift.
Remember the Sabbath and keep it.
It is made for you:
your freedom,
your joy,
your healing.**

In the name of God,
Father Son and Holy Spirit,
Who restores our soul
and commands our rest.

Amen