

# Young Adult Sabbath Retreat



## Worship Booklet

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## Opening Worship

Quiet Music, Used for Centering

Words of welcome

Invocation

Song - #68 When in Our Music God is Glorified

Communal Prayer

**Creator God, you who formed the earth and breathe life into the living, it is because of you that we come together to Sabbath. You rest, and so we rest. May our worship this evening and our time of Sabbath be full of awareness of your closeness and love. May we find joy and peace in connection to your deep wisdom and love. Amen**

Scripture reading: Genesis 1:1-2:3

Song - # 2128 Come and Find the Quiet Center

Scripture Reading: Hebrews 4:1-11

Invitation to Sabbath.

*Leader:* God gave the us the good gift of rest.

*All:* **Our Creator created the Sabbath.**

*Leader:* What a joy, what a blessing to come away from our cares!

*All:* **What a terror, what a fright to let go and leave behind!**

*Leader:* In our joy and in our fears we seek the Holy One together.

*All:* **May the sweetness of the Divine Presence be known to us.**

*Time to fill out index cards. The cards are each intended to hold one burden, one thing that pulls you away from Sabbath, away from God, away from this place, away from full attentiveness to this weekend. They can be whatever they are,*

*no one but you will see them. When you have filled out all that you need to fill, place any empty card in front, and clip them together. When all are ready, we will proceed.*

*Leader:* Eternal One,

*All:* **May we speak to and hear from you. May we answer the call when you seek us out.**

*Leader:* We offer our burdens and cares.

*All:* **May the loving attention of the Creator, Sustainer, and Redeemer be with those people, places, and things that we leave behind.**

*Leader:* We enter together this Holy space,

*All:* **And leave behind our daily cares.**

*Leader:* May it be so.

*All:* **Amen**

Song - #92 For the Beauty of The Earth

Benediction

**Morning Prayer  
Commanded to God's Rest**

Quiet Music, Used for Centering

Invocation

Song - #2128 Come and Find the Quiet Center

Communal Prayer

**Law-Giver, you know us as ones who have failed. You told us to rest, and we tarried on. You called us to prayer and we were too busy. You asked us to care for all as your beloved children. We cared only for others and neglected ourselves. We ask you today for forgiveness. We repent. We seek to do better. Enable us and teach us that we might know how to be with you, the ONE WHO IS. Amen**

Scripture reading: Deuteronomy 5: 5-12

Song - # 2057 Be Still and Know that I am God

Scripture Reading: Luke 6:1-10

Accepting the Commandment to Rest

*Leader:* Six days we are to labor.

*All:* **One day we are to rest.**

*Leader:* Six days we care for others.

*All:* **One day we nurture our relationship to God.**

*Leader:* Why is it so difficult?

*All:* **We care for so many people. We want them to know God's love.**

*Leader:* Why can't we let go?

*All:* **So many need to be helped! So much must be done!**

*Leader:* Why have we put off Sabbath?

*All:* **There was always later: after the test, after**

**the sermon preparation, after the good night's sleep.**

*Leader:* Now we are here, and all is well.

*All:* **But still we struggle! It is hard to be still.**

**There are friends to meet, connections to make!**

*Leader:* How will we go on?

*All:* **With patience for ourselves, with openness to God, with repentance, with love, and with intention.**

*Leader:* May it be so!

*All:* **Amen!**

Communion

Song - #2146 His Eye is on the Sparrow

Benediction

## Evening Prayer Jesus Slipping Away

Quiet Music, used for Centering

Call to Worship

*Leader:* We come again to worship together.

*All:* **May our spirits be opened the Spirit we love.**

*All:* **Amen**

Song - # 395 Take Time to be Holy

Naming the places we've slipped away into the presence of God.

*In the past two days, we have learned, walked, worshipped, talked, laughed, sat, ate, slept, kept silence, and prayed. God has been present among us. At this time, you are invited to speak (as you are so moved) to share how you have experienced God's Rest thus far. At the end of your time of sharing, please conclude, "For this experience," and all will answer, "we offer our thanks."*

Scripture readings:

Matthew 3: 12; 8:1; 8: 18; 14:23; 16: 38-39; 17: 1-14a;

20: 17a, 26: 36-44

Song - # 262 Heal Me Hands of Jesus (versus 1, 3, and 4)

Communion

Song - # 404 Everytime I Feel the Spirit

Benediction

## Closing Worship Resurrection and Commissioning to continue in the cycle of Sabbath

Quiet Music, used for Centering

Invocation

Song -#2128 Come and Find the Quiet Center

Communal Prayer

**Spirit of God, it is good to be with you, to hear you, to be heard by you. We thank you for this time and this place offered to us so that we could enter into your Holy Rest. May our worship bring you joy and empower us to go forth filled with your peace. Amen**

Scripture reading: Psalm 139

Time of Silence

Scripture Reading: Matthew 28: 1a; 16-20

Communion

Song-#2117 Spirit of God

Invitation to continue Sabbath Cycle

**All: Giver of all good gifts, what a gift your Rest can be! We are nourished like a baby asleep at a mother's breast. And how it is time to go forth, to come down from the mountain, to leave the labyrinth.**

*Leader:* In some ways, we are ready.

**All: We are ready to reunite with those we love. We are ready to do the work we enjoy. We are ready to be in familiar places and enter familiar patters of life.**

*Leader:* In some ways, we are anxious.

**All: Will dear friendships slip away? Will you be harder to connect to at the bottom of the**

**mountain? Will Sabbath rest end here and now? Can we follow your command?**

*Leader:* Like that nursed baby,

*All:* **We will have to return to you to be fed and nurtured again and again.**

*Leader:* Your rest is part of the cycle of Holy Living.

*All:* **May we live and rest, all to your Glory.**

*All:* **Amen.**

*We enter now a time of blessing. The words used in the time of blessing are "God created you, God loves you, God is with you, God blesses you."*

*Blessing balm or anointing oil may be used. If you have sensitive skin, allergies, or are uncomfortable with the balm or oil, please do not feel as though you must receive it. The blessing balm is a symbol of the blessing that you have already received from God. After blessing, we will return the index cards from our first worship. As your package is returned to you, you are invited to pick up your burdens, pray over them as you see fit, and sort through them. The ones that you need to pick up again, you can take with you. The ones that you can permanently let go of may be placed in a basket on the altar. These will be burned.*

*Leader:* We put on our watches.

*All:* **And know that all of our time is really Your time.**

*Leader:* We will soon turn on our cell phones.

*All:* **And hear You, and speak to You ... You who are reflected in the others, the ones on the**

**other side of our phone calls.**

*Leader:* May all of our time, all of our conversations, and all of our burdens,

*All:* **Be acceptable as a form of praise to you, our Rock and our Redeemer.**

*All:* **Amen!**

Song - # #496 Sweet Hour of Prayer  
Benediction