Sabbath Scripture Litany (for 4 readers)

Reader 1: Jesus says:

Reader 2: Come to me

Reader 3: Come

Reader 4: Come to me all you who are weary and heavy laden

Reader 2: I will give you rest

(pause)

Reader 3: The Psalmist says

Reader 1: Be still before the Lord and wait patiently for him

Reader 2: “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

Reader 4: Return to your rest, my soul, for the Lord has been good to you.

Reader 3: Truly my soul finds rest in God; my salvation comes from him.

(pause)

Reader 1: God commands

Reader 2: Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God.

Reader 3: Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

(pause)

Reader 4: The Prophet says

Reader 1: But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

(pause)

Reader 3: Jesus says

Reader 2: “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”

Reader 1: Throughout Scripture, God tells us to rest. Sometimes this looks like delighting in the goodness of God. Sometimes this looks like actual physical or emotional rest. Sometimes this means a break from our daily habits to intentionally recognize God’s presence in our lives. We hear God’s call to rest, because God loves us and desires our flourishing and peace.

Reader 2: Rest

Reader 3: Delight

Reader 4: Remember.

All: Thanks be to God

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