

## Prayers in preparation for a Holy Sabbatical

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All Holy One, lift our burdens,  
for your yoke is easy.

Creator and lover of our souls:  
teach us to release our burdens and accept your love.  
May your love be the deepest reality of our lives,  
and may we offer real love to others.

All Amen.

### **Matthew 11: 28-30** (from "The Message")

Jesus said, "Are you tired? Worn out? Burned out on religion?  
Come to me. Get away with me and you'll recover your life.  
I'll show you how to take a real rest.  
Walk with me and work with me—watch how I do it.  
Learn the unforced rhythms of grace.  
I won't lay anything heavy or ill-fitting on you.  
Keep company with me and you'll learn to live freely and lightly."

### **Reflection**

*The final fruitfulness of work is actually found by choosing and living its exact opposite - the cessation of work - or the Sabbath rest. Unless approximately one-seventh of life is also ceasing from work, putting spaces, paragraphs, and parentheses around my efforts, work always becomes compulsive, addictive, driven, unconscious, and actually counter-productive for the self and for those around us. We also need not to work. (Richard Rohr)*

### **Prayers**

The cares of our hearts  
All **We entrust to you, O God.**  
The needs of your Church  
All **We entrust to you, O God.**  
The needs of our communities  
All **We entrust to you, O God.**  
The wounds of the world  
All **We entrust to you, O God.**  
The hopes we carry  
All **We entrust to you, O God.**  
The deep desire for peace  
All **We entrust to you, O God.**

God of our pilgrimage,  
whose Son commanded the wind and waves to be still,  
and in whom we find the peace that passes understanding;  
grant that this Lent, we may learn again to hear your still, small voice,  
and be refreshed and sustained on our journey  
until our restless hearts find their rest in you,  
through Jesus Christ our Lord. Amen.

O God, at the setting of the sun,  
we place our trust in you.  
As the night draws near,  
we give thanks for your presence with us.  
Help us entrust our lives to you  
with the delight and confidence  
of one who loves and is beloved.  
Through Jesus, our faithful Saviour.

**All    Amen.**

**All    Our Father, who art in heaven...**

**All    Holy One, lift our burdens,  
         for your yoke is easy.**

**All    Let us bless the Lord  
         Thanks be to God.**

*The responses, the reflection by Richard Rohr and some of the prayers are taken from Daily Prayer for all Seasons edited by John Pritchard.*