

Sabbath STOP Moments

Stop. Create a sacred space.

Create a sacred space in your home, a small table or quiet corner with a candle, a bible or prayer book, a small icon or image, or something from the natural world to recall God's beauty such as a flower, a pebble from the seaside, a pinecone.

You may choose to place your sabbath cards here.



Sabbath STOP Moments

Stop. Come to your senses.

Look at the colors, shapes, details

I see...

Listen to the sounds

I hear...

Smell the scents

I smell...

Feel the fabrics and textures

I feel...

What promotes calmness in you?

Sabbath STOP Moments

Stop. Repeat Psalm 46:10

Be still and know that I am God.

Be still and know that I am

Be still and know

Be still

Be

You can substitute Love, Peace,
Rest for the name God.

Sabbath STOP Moments

Stop. During a meal.

Look at the colors of the food.

Smell the food.

Take small bites.

Chew slowly.

Savor the flavor of each bite.

Pause between each bite.

What do you notice?

Sabbath STOP Moments

Stop. Inhale and exhale.
Light a candle.
Ring a bell if you have one.
Listen.

God is here.
I am here.

Sabbath STOP Moments

Stop. Slow walk.

Take a slow walk inside or outside. You may choose to take off your shoes and feel your feet connect to the ground.

Place one foot down
heel, sole, toe.
Place the other foot down
heel, sole, toe.

Walk slowly with no destination in mind.

Sabbath STOP Moments

Stop. Pray with your body.

Praise-raise arms up overhead

Welcome-hold arms out in front

Gratitude-bring hands over heart

Open-open arms out to sides

Bless-bring hands together and touch heart, lips, forehead, release hands to the sides

Adore-bow at waist. Divine life is within all.

Sabbath STOP Moments

Write your own sabbath stop.