

Holy Communion
(Second Sunday of Pentecost - New Sabbath)

Invitation:

One: Come to the Lord's table and find true rest. Come and lay your burdens down. Come and breath in the goodness of God, taste and see how good the Lord truly is. Come and drink of the living water that springs up in your soul. Come. Breath. Relax.

Confession:

All: We have been too busy to keep Your Sabbaths. We refuse to find a place for Your jubilees within our lives. We like to choose our own Sabbaths, yet we forget giving time to those who serve us so they can take their rest. Help us to slow down. Help us to stop our doing, so we can just be with You. Help us make room in our harried lives for Your gracious presence. Create a new Sabbath within me. Amen.

Words of Assurance:

One: Jesus invites: "Come unto me all who labor and are heavy laden and I will give you rest." By the power of Jesus' name, you are forgiven, enter into your promised Sabbath rest.

All: Christ's invitation is for you too. By the power of Jesus' name, you are forgiven, now enter into your promised Sabbath rest. Amen.

Great Thanksgiving:

One: God wants us to stop.

All: God wants to know that we are safe.

One: God wants us to become still.

All: God want us to know we have someone we can depend upon.

One: In my relief I experience a profound joy.

All: Rested and fed, my heart sings with renewed vitality!

One: You have given us room to breath deeply
and a space to feel free of every care.
You have shaped for us a null space,
where nothing is expected,
nothing is demanded,
nothing is needed.

This Sabbath is holy manna for our souls,
essential for our flourishing.

This is Your precious gift to all people
from the least to the greatest.

We thank you for Your gift.

All of humanity, from every culture, in every language, thanks You.

All of heaven, the angelic hosts, the multitude of martyrs and saints, thanks You.

All: We thank You for our weekly Sabbath rest.

**The earth thanks You for its Sabbath year.
All who are oppressed thank You for their Jubilee,
Your holy Sabbath of Sabbaths.**

One: We do thank You for Your care for all
and for the Sabbath Jubilee we experience in Jesus.
You have freed us from our bondage to sin and death.
You have led us back to our home in Eden;
Returning to our care, the earth.
You have given us a new lease on life,
giving to us a living hope of a life filled with grace and peace.

On this Sabbath You kneel before us,
with towel and basin in Your hands.
Asking us to sit, to relax, and to receive Your loving care.
Remember the Sabbath we have in Christ's name.

It was before the Sabbath,
Jesus took Passover bread and blessed it.
As it was shared, Christ said,
"Take and eat, all of you. This is my body broken and given for you."
Remember the Sabbath we have in Christ's name.

It was before the Sabbath,
Jesus took the Passover wine and blessed it.
As it was shared, Christ said,
"Take and drink, this is the cup of my blood
poured out in acknowledgment of God's eternal covenant of grace
granting to you and to all the forgiveness of your sins."
Remember the Sabbath we have in Christ's name.

You have brought us beside still waters
You have restored our souls.
In Christ we have experienced a new Sabbath,
a sacred mystery that we share with all:
**All: We rest in the fact that Christ died for us,
that Christ rose for us,
that Christ will come again and we shall be like him.**

One: Sabbath Creator, Rest Provider
open for all, this bread and wine
so we can see clearly the body and blood of Christ
and find a fresh Sabbath.

Sabbath Creator, Rest Provider
open for all: our lives, our gifts, our flaws, our promise

so that the world might clearly see, Your church,
The body and bride of Christ at rest and at peace
and find a fresh Sabbath.

Sabbath Creator, Rest Provider
open for all: the Choptank United Methodist Charge
so all who are troubled, might find a calm space,
so that all who are exhausted, might find a safe place to rest,
so that all might feel the refreshing winds of Your Spirit to stir their souls.

**All: Lord of Sabbath, hear our prayer.
Lord of Sabbath, receive our cares.
Lord of Sabbath, we are Yours, today, tomorrow, till the end of time. Amen.**

One: Let us continue in prayer in the style of Jesus Christ:

**All: God of Sabbath, God of rest who seeks to slow us down
enabling us to smell the flowers and feel the gentle breeze.
We can relax, because You alone provide for us every day.
We can stay calm, because You forgive us,
and enable us to forgive all others.
You never try to trick us nor lead us astray.
You want us to loosen up, to relax and take it easy,
enjoying life with You forever. Amen.**

Prayer after Communion:

**All: Thank You for inviting us to join You at Your table. Thank you for giving us a
chance to catch our breath in this moment of Sabbath rest. Now that we are well
rested at this oasis of grace, send us out to share with others. Others need to know.
Others need this experience. Others crave Your Sabbath too. We will find them
and share Your blessings with them in Jesus name. Amen.**