

Prayers for Holy Reset

A blessing for the beginning of your Holy Reset

Even in the desert,
even in the wilderness,
sabbath comes.
May you keep it.
Light the candles,
say the prayers:

Welcome, sabbath.
Welcome, rest.
Enter in
and be our guest.

- Rev. Jan Richardson

Prayers

Oh Lord, you say,
“Come to me all you who are weary
and carrying heavy burdens.”
And we are indeed weary.
You know this weariness.
You know these burdens we carry.

We come now to you,
seeking the rest and the peace
that only you can provide.
Be near us
with your gentle and humble heart,
and embrace us with your love.

We surrender ourselves to you.
And give thanks for your holy rest.
Amen.

- Rev. Melanie Hardison

Gather Me to Be with You

O God, gather me now
to be with you
as you are with me.
Soothe my tiredness;
quiet my fretfulness;
relieve my compulsiveness;
let me be easy for a moment.

O Lord, release me
from the fears and guilts
which grip me so tightly;
from the expectations and opinions
which I so tightly grip,
that I may be open
to receiving what you give,
to risking something genuinely new,
to learning something refreshingly different.

O God, gather me
to be with you
as you are with me.
Amen.

- Ted Loder, *Guerillas of Grace*

A Prayer for Evening

Light a candle.

O God, in the quiet of the night, I light a light to know your presence.
At the ending of the day, may my soul be alive to your nearness.
Amidst the tiredness that overcomes my body,
the tensions that linger in my mind,
and the uncertainties and fears
that haunt me in the darkness of the night,
may your presence enfold me
and may I be alive to your nearness, Spirit of Life.
Amen.

- Adapted from "Sunday Evening Prayer," in J. Philip Newell, *Sounds of the Eternal*