

Sabbath Spiritual Practice

May 13-19

Sabbath is meant to be a day of delight — a fresh breeze blowing through our harried lives. Others who keep Sabbath have found an opening ritual to be extremely important and helpful. An opening ritual helps to transition us from ordinary time to Sabbath time.

One time-tested ritual is the lighting of a candle or candles. Like lights being dimmed in a movie theater, it signals our body, mind, and spirit to prepare to enter a different reality. Candle lighting is both an ancient Jewish custom and an early Christian practice of lighting a lamp at a Saturday or Sunday evening meal with a prayer for God as the giver of light.

Also, from the Jewish tradition is the blessing of children after lighting the candle or a candle for each member of the family. The parent places a hand on the head of each child and says a simple prayer such as “God bless you now and always.” Younger children can also take a turn repeating the blessing prayer and action with the parents being the ones who are blessed.