

Sabbath Spiritual Practice
June 17-23

As you go through the week, write down things you notice that you would call a blessing. It could be a beautiful moon, an unexpected phone call, a story you read — whatever you notice and think: now that is a blessing. Write each thing down on a separate piece of paper and put it in a bowl or jar. On your chosen Sabbath day, draw them out of the jar one at a time and read them aloud. Savor the blessings of the week and of the day.

With children, let them add blessings to the jar as well. They can use words or drawings. Join hands after they have all been read and say, “Thank you, God. Amen.”