



In the scripture above, Jesus sees food as a gift. He had bread and baskets of grain to sell, but he was enjoying the gifts of God right there in the moment (and on the Sabbath). How does this change your view of Sabbath?

If Sabbath worship is meant to be a time of feasting with wonderful things (ex: music, food, memories, etc.), what kinds of things would you like to celebrate more on your Sabbath? How can this group help you do that?

Can you remember a moment of joy or beauty that lives on in your memory? Do you re-live it in your mind? Share and celebrate that – think of those moments as something of a little treasure.

Is there music that you enjoy so much that it points you to God?

Do you take time to enjoy beautiful things? Like playing in the snow, or going for a walk? Do you enjoy the beauty of nature?

Ever get lost in conversation with a good friend and lose track of time? This is a wonderful thing when it happens on your Sabbath, because you have nowhere to be except to remain, and relax.

How can others help you feast? And, how can you help others feast?

Closing Prayer:

*Come, let us welcome the Sabbath in joy and peace! Like a bride, radiant and joyous, comes the Sabbath. It brings blessings to our hearts; workday thoughts and cares are put aside. The brightness of the Sabbath light shines forth to tell that the divine spirit of love abides within this place. In that light all our blessings are enriched, all our griefs and trials are softened.*

*prayer adapted from Abraham Millgram's "The Sabbath" (Philadelphia: Jewish Publication Society of America, 5725/1965), pp. 24, 67.*