



Sabbath Blessing: Part Ten
"Sabbath Wrap"
Psalm 23

The 77-Word Sentence Summary!

*"Sabbath practice is voluntarily and regularly stepping into a hot air balloon in company with others that carries us up and away from the rat-race and teaches us to release our **terra firma** footing into the power of **Ruach** in exchange for the exuberant joy of an incredibly festive view that reminds us of our primary identity and calls forth gratitude, increased trust, and refreshed energy to love and serve others when back on the ground."*

Sabbath Action Plan Worksheet

When/How Long	Rhythm	Engage Menu	Abstain Menu	Company	End Date