

Hashem, the provider of Shabbat, a day for rest, a day to be absorbed in the peacefulness and harmony of the day and unaware of time,

Help us to find ways to take into the week the joy and restfulness of Shabbat, to slow down from racing to work, to meetings, to errands, to emails, from one project to another. Help us to slow down and consider the blessings of our lives: the love of our family, the caring of our friends, the comfort of our community, the happiness that comes when we spend time with the people dear to us.

May we make time to spend with family and friends, having conversations where we are in the moment, listening fully and not planning “what we will say next” or “what we will be doing the next day or week.” When our family members talk with us, may we slow down our reactions, listening carefully to the feelings expressed with the words, and giving consideration to the usefulness of our responses. May we learn that there are times to speak out, when our words will be of help, and times to remain silent, when our words would only hurt. May we work at taking the time to consider the effect of our words before we speak them.

Help us to use our Shabbat rest as a time to consider each week as it passes and to recharge and renew our resolve to take our time and enjoy the blessings we have been given on a daily basis.

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Blessing theme: Shabbat rest and slowing down our lives