

Our Sabbath Meal

- Leader** In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.
- Father** God's Spirit hovered like a bird above the water.
- Mother** God said "let there be Light!" And light appeared.
- Child 1** God saw that light was good and He separated light from dark.
- Child 2** It was evening, it was morning of the FIRST day
- Child 3** God called the light Day, and the dark Night.
- Child** Then God made the land and the sea and the sky.
- Child** God, also, made all the plants, vegetables trees and flowers so that we had food to eat. He made everything to grow and bear seed. And God saw that it was good.
- Child** There was evening, and there was morning the third day.
- Child** God said, Let there be lights in the sky to mark sacred times, days and years
- Mother** God made two great lights to separate the day from the night and give light on the earth.
- Child** He also made the stars. And God saw that it was good. That was on the fourth day
- Child** then God made the fish, the birds and the animals
- Father** And the last thing God made was man, to look after His creation
- Child** Thank you, Jesus
- Child** There was evening and there was morning, a sixth day
- Mother** Then, Heaven and earth were finished, and everything in it was good
- Leader** On the seventh day God had finished his work and He rested
- Father** God blessed the seventh day, and made it holy
- Mother** Blessed are You, our lord and our God, You created the fruit of the vine.
- Together** Blessed are You, our Father, who looks after us and provides for us.

HAND WASHING

- Leader** Blessed are You, our lord and our God,, who protects us from harm
- Mother** *LIGHTS THE CANDLES:* and says ‘Jesus Christ is the light of the world’
- Father** Blessed are You, our lord and our God,, who blesses us and our family
- Together** We give thanks that we live in the presence of the Living God.
- Leader** We eat our meal with thanks because our God provides.

THE MEAL

Clear the table and prepare for communion

Scripture1 Corinthians 11 v23-26

Mother The cup overflows as a sign of His overflowing and abundant love

Together Our Father in heaven, may your name be kept holy by everyone.
May your Kingdom come soon. and your will be done on earth, as it is in heaven.
Give us today the food we need
forgive us when we do things wrong and help us to forgive people who hurt us.
Protect us from wanting to do wrong things or from hurting others and keep us safe from the evil one.
You are king over all, powerful, and just
Your beauty and love make us kneel at your feet to worship you , for ever and ever.

Parents Pray over the young ones and lift them to God.

Leader *Your father in heaven is proud of you and sings with happiness over you*
May you grow strong and wise in His eyes

BREAKING OF BREAD

Father We share the bread and wine as Jesus taught us ONE CUP AS A SIGN
OF OUR UNITY

Leader One loaf as a sign that we are one body. We each break a piece of bread from the loaf to remember that we are responsible for our own journey with Christ.

Together the Blessing

May the peace of Christ, who desires peace for all men, rest with you
May the love of Christ, who taught us to love one another, fill our hearts
May the joy of Christ, who said we should live life to the full
cause us to look above the circumstances of this world and into His eyes.

Say or sing together:-

The Lord's my shepherd, I'll not want;
He makes me lie in pastures green.
He leads me by the still still waters,
His goodness restores my soul.
And I will trust in You alone,
And I will trust in You alone,
For Your endless mercy follows me,
Your goodness will lead me home.

He guides my ways in righteousness,
And He anoints my head with oil,
My cup, it overflows with joy,
I feast on His pure delights.
And I will trust in You alone,
And I will trust in You alone,
For Your endless mercy follows me,
Your goodness will lead me home.

And though I walk the darkest path,
I will not fear the evil one
For You are with me, and Your rod and staff
are the comfort I need to know.
And I will trust in You alone,
And I will trust in You alone,
For Your endless mercy follows me,
Your goodness will lead me home.

and/or

Faithful one, so unchanging
Ageless one, you're my rock of peace
Lord of all I depend on you
I call out to you, again and again
I call out to you, again and again

You are my rock in times of trouble
You lift me up when I fall down
All through the storm
Your love is, the anchor
My hope is in You alone