SABBATH

One day
one day set aside
for rest
for pleasure
for delight
for gratitude

God is praised
in the Sabbath
whether it be the
Friday sundown to
Saturday sundown
of Shabbat
or the Sunday sabbath
of the Christian
eighth day
new beginning
eternal Easter morn

one day set aside for joy
one day to simply
be

one day
not to value our lives
by what we do
by how much we do
by how well we do,
but to simply
be

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