

# BE STRONG – Sit Down

Words & Music: Victoria Milner © 2008

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Sit down, sit down, sit down and take your rest  
Surrounded by your friends you're truly blessed  
Zachor v'shamor, we remember and we pray  
For this joyful gift of Sabbath day

Put aside your worries and your cares  
You know the price was paid, you've done your share  
Zachor v'shamor, we breathe in the candlelight  
Brought together on this Sabbath night

And we sing Shabbat, Shabbat, Shabbat Shalom  
The peace of the Sabbath night is like coming home  
Shabbat, Shabbat, Shabbat Shalom  
I join my voice to yours and I'm not alone

Sit down, sit down, sit down, Shabbat Shalom

