



*"If you keep your feet from breaking the Sabbath
and from doing as you please on my holy day,
if you call the Sabbath a delight
and the LORD's holy day honorable,
and if you honor it by not going your own way
and not doing as you please or speaking idle words,
then you will find your joy in the LORD,
and I will cause you to ride on the heights of the land
and to feast on the inheritance of your father Jacob."*

The mouth of the LORD has spoken."

Isaiah 58:13-14

Shabbat Shalom!

"Shabbat Shalom" is Hebrew for "Have a peaceful Sabbath!" Shabbat or Sabbath means "to rest, to come to an end, to stop." We are commanded to remember the seventh day by resting from our regular work as reminder that everything we receive in life is from God. He is our provider and therefore, we may rest from our daily labors and trust Him for everything we need.

God made the Sabbath on the seventh day of creation and blessed it as a holy gift to us from our Creator and a day of delight. It is the day He created to be set apart from all other days for fellowship with him through introspection, spiritual growth and physical renewal.

"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done" (Genesis 2:2-3).

God Himself has declared the Sabbath day holy and blessed. We do not in any way diminish the holiness of the day if we choose to ignore it, change it or not participate in it. By failing to keep the Sabbath, we only exclude ourselves from the blessings and holiness that Sabbath has to offer.

"The Sabbath was made for man..." (Mark 2:27).

Why Keep the Seventh-day Sabbath?

1. It is the Fourth of God's Ten Commandments.

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD (YHVH) your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy" (Exodus 20:8).

2. It is the weekly feast established by God, an appointed time for a day of rest.

"The LORD said to Moses, 'Speak to the Israelites and say to them: 'These are my appointed feasts, the appointed feasts of the LORD, which you are to proclaim as sacred assemblies. There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the LORD" (Leviticus 2:1-3).

3. It is the 'sign of a covenant' between God and His people.

"The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens

and the earth, and on the seventh day he abstained from work and rested" (Exodus 31:16-17).

4. It is for everyone whether Jewish or gentile.

"And foreigners who bind themselves to the LORD to serve him, to love the name of the LORD, and to worship him, all who keep the Sabbath without desecrating it and who hold fast to my covenant - these I will bring to my holy mountain and give them joy in my house of prayer" (Isaiah 66:22-23).

5. It is a perpetual command forever. It will never end. Celebrating the Sabbath is a rehearsal for what is to come.

"As the new heavens and the new earth that I make will endure before me," declares the LORD, "so will your name and descendants endure. From one New Moon to another and from one Sabbath to another, all mankind will come and bow down before me," says the LORD" (Isaiah 66:22-23).

6. Yeshua is Lord of the Sabbath.

"Then he said to them, 'The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath" (Mark 2:28).

7. It is "Date Night with our Bridegroom."

"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me" (Revelation 3:20).

Two Sabbath Candles



Traditionally, the woman of the house begins Sabbath by lighting two candles at sunset. Lighting candles sets apart the day as different from other days and stands as a witness to 'remember and sanctify' the Sabbath according to the command.

The two candles can also represent the witness of two found throughout the Scriptures. The witness of two for God, the Creator are 'heaven and earth' (Deut. 4:26). The Law (Torah) and Prophets are the witness of two for Jesus (Yeshua) (Luke 24:44). The Jew and gentile worshipping together in Spirit and Truth as God outlines in the Scriptures are the witnesses of two for the Body of Messiah (Jn. 4:23, Gal. 3:28, Eph. 3:6).

A Hebrew blessing or Scripture may be said over the candles. We bless God who brings light to our path and our lives through Yeshua.

ברוך אתה יהוי אלהינו מלך העולם אשר קדשנו במצותיו ציווה עלינו
להיות אור לגויים ונתן לנו ישוע אור העולם

Baruch atah Adonai Eloheinu Melech ha-olam, asher kideshanu b'mitzvotav tzioha aleynu lahiot or l'goyim v'nantan l'nee Yeshua or olam.

Blessed are you, Lord Our God, King of the Universe, who has sanctified us by the commandments and commanded us to be a light to the nations and has given us Yeshua, the Light of the world.

"Your word is a lamp to my feet and a light to my path" (Psalm 119:105).

"When Jesus (Yeshua) spoke again to the people, he said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life'" (John 8:12)

"In the same way, let your light shine before other men, that they may see your good deeds and glorify your Father in heaven" (Matthew 5:16).

The Wine - The Kiddush Cup



Simchat is the Hebrew word for joy. Celebrating the Sabbath includes drinking wine or grape juice symbolizing the joy we have as we enter God's presence on His holy day. For 24 hours, we are to step out of our worldly problems

and into the restful joy that Messiah brings into our lives.

Blessing the cup of wine is called *kiddush*. A Hebrew blessing or Scripture may be read before drinking the wine. It is important that we bless God who is the Creator of the fruit of the vine.

ברוך אתה יהוה אלהינו מלך העולם בורא פרי הגפן

Baruch atah Adonai (YHVH) Eloheinu Melech ha-olam, bore p'rie hagafen.

Blessed art thou, Lord our God, King of the Universe, who creates the fruit of the vine.

"I am the vine and you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. ...I have told you this so that my joy may be in you and that your joy may be complete" (John 15:5,11).

The Bread

Celebrating the Sabbath includes two loaves of bread symbolizing God's double portion of provision. When the Israelites entered the wilderness, they were to gather manna everyday except on Sabbath. On the day before the Sabbath, they were to collect a double portion because God would provide for their needs on the Sabbath.



The two loaves of bread are called *challah* meaning 'bride' because the Sabbath is considered the day the bride meets the bridegroom; hence 'date night.' The two loaves are covered with a cloth as the manna was always covered with dew in the wilderness. Interestingly, a bride is also covered with a veil as she goes to meet her bridegroom.

The challah is served whole, not cut. Everyone pulls their own piece off the loaf showing that each person must partake of the bread of life, the manna of God that came down from heaven, individually.

The challah is also salted. Salt may be sprinkled on top of the loaf before being baked or with a salt shaker as each person takes their piece. Salt is a reminder that for six days a week, man works by the sweat of his brow, but on the seventh, he is able to rest in the provision given to him by God - the Sabbath.

The Sabbath blessings have not changed since the before time of Yeshua. When we read in the Gospels that Yeshua took bread, broke it and blessed it, he used the same blessings still used today in Jewish homes around the world (Luke 9:16).

The bread may be blessed with a Hebrew blessing or Scripture. Once again God is blessed as it is He who brings forth 'bread from the earth' as provision for our physical bodies as well as 'bread from heaven' for our spiritual nourishment.

Blessing over the bread:

ברוך אתה יהוה אלהינו מלך העולם המוציא לחם מן הארץ

Baruch atah Adonai (YHVH) Eloheinu Melech ha-olam, ha-motzi lechem min aharetz.

Blessed art thou, Lord our God, King of the Universe, who brings forth bread from the earth.

"I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty" (John 6:35). The LORD bless you and keep you;

Family Blessing

*The LORD make his face shine upon you
and be gracious to you;
The LORD turn his face toward you
and give you peace."
(Numbers 6:23-27)*

This is known as the Aaronic blessing it was given to Aaron by God for blessing the Israelites. When Aaron pronounced this over the people, Yahweh put His name on the nation. This blessing is spoken or sung during the Sabbath meal by the head of the home in order to put the name of God on each family member.

יברכך יהוה ישמרך, יאר יהוה פניו אליך ויחנך, ישא יהוה פניר אליך
וישם לך שלום.

Y'varech'cha Adonai v'yism'recha
Ya-ayr Adonai panav aylecha veechumnekka
Yissa Adonai panav aylecha v'yasaym l'cha, shalom.

Blessing of the Wife

The wife is also blessed during a Sabbath celebration. The traditional Scripture used is Proverbs 31:11-31. Beside being a picture of the noble character of a godly wife, worth far more than precious jewels, it is also a picture of the Bride of Messiah.

Wife (excerpts): *“A wife of noble character who can find? She is worth far more than rubies. Her husband has full confidence in her and lacks nothing of value. She brings him good, not harm, all the days of her life. ...She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness. Her children arise and call her blessed; her husband also, and he praises her: “Many women do noble things, but you surpass them all.” Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Honor her for all that her hands have done and let her works bring her praise at the city gate.”*

Blessing guests at a Sabbath dinner is showing an extra special type of hospitality. It goes above and beyond sharing a meal, it shows that you value their presence in your home and desire that God show his favor upon them while they are with you.

ברוך אתה יהוה אלהינו מלך העולם מי ברוך אותנו עם אורחי
הערב.

Blessing of the Children

It is traditional to bless the children of the home on Sabbath. There are traditional blessings for sons and daughters or you can bless them in your own words or using Scriptures.

The traditional blessing for sons came from the blessing that Jacob put on Ephraim and Manasseh. Ephraim and Manasseh were the sons of Joseph born in the land of Egypt. Jacob claimed them as his own grandchildren making them part of Israel. Ephraim and Manasseh remained moral and faithful to God in spite of being raised in a secular world where Pharaoh was king. This should be the desire of all parents for their children: to be able to remain righteous in the dark, fallen world around them.

Sons: *May the LORD make you like Ephraim and Manasseh.*

The traditional blessing for the daughters is based on the wives of the patri-archs. Sarah, Rebecca, Rachel and Leah were women of faith and great courage. They left their homes for unknown adventures when they married Abraham, Isaac, and Jacob. They became the matri-archs of Israel through the birth of their children of promise.

Daughters: *May the LORD make you like Sarah, Rebecca, Rachel, and Leah.*

Blessing of the Guests

Baruch atah Adonai (YHVH) Eloheinu Melech ha-olam, mi baruch ortenuv em ovorhi erev.

Blessed art thou, Lord our God, King of the Universe, who has blessed us with guests tonight.

Guests: *LORD we thank You for blessing us with (guests names). May the LORD make your way prosperous and give you light and joy in His Sabbath. May the LORD give you wisdom into His will as you meditate on His word. May the LORD give you strength and courage because He is with you wherever you go.*

Blessing of the Meal

A special Hebrew blessing or Scripture may be said over the meal before it is served.

ברוך אתה יהוה אלהינו מלך העולם בורא המזנות

Baruch atah Adonai (YHVH) Eloheinu Melech ha-olam, borei ha mazanot.

Blessed art thou, Lord our God, King of the Universe, who brings forth various kinds of food.

“The land is satisfied by the fruit of his work. He makes grass grow for the cattle, and plants for people to cultivate— bringing forth food from the earth ...” (Psalm 104:14).

“On this mountain the Lord Almighty will prepare a feast of rich food for all peoples, a banquet of aged wine— the best of meats and the finest of wines” (Isaiah 25:6).

Sing A Little Song

Shabbat Shalom, Shabbat Shalom, Shabbat, Shabbat, Shabbat Shabbat Shalom. Repeat.

Shabbat, Shabbat, Shabbat Shabbat Shalom. Repeat.

Shabbat Shalom, Shabbat Shalom, Shabbat, Shabbat, Shabbat Shabbat Shalom! Oi!

L'cha Dodi

*Come my beloved to welcome the bride,
the presence of Shabbat we receive.
"Observe and Remember" in one divine utterance,
we heard from the One and Only God,
the Lord is One, and His Name One, for renown,
for splendor, and for praise.
Come my beloved. Shake off the dust, arise!
Dress in garments of glory, my people,
through the son of Jesse, the Bethlehemite,
redemption draws near to my soul. Come my beloved.
Wake up, wake up! For your light has come,
awaken, awaken, sing a song,
for the glory of the Lord is revealed to you!
Come my beloved, Yeshua.*



Shabbat Shalom!

Thank you for joining us in setting apart the Sabbath day for God, the Creator. We pray that you are encouraged to 'remember and keep' the Sabbath day with your family, children, and friends.

"There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest" (Hebrews 4:9-11).

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