

Celebrate the Sabbath

So we'll be Ready when the Time Comes

Shabbat Shalom

[SOUND THE SHOFAR]



And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day. Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation. [GEN 1:31-2:2-3 ESV]

SHABBAT SHALOM [ALL ECHO] **SHABBAT SHALOM** [A SABBATH OF PEACE]

Sabbath comes from the Hebrew word Shabbat, which means rest. Hebrew tradition tells us that Adonai said to Moses, "I have a precious gift stored away in my treasury and its name is Shabbat".

"You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the LORD, sanctify you. You shall keep the Sabbath, because it is holy for you. ...Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. It is a sign forever between me and the people of Israel that in six days the LORD made heaven and earth, and on the seventh day he rested and was refreshed.'" [HE LITERALLY, "CEASED FROM LABOR" AND "TOOK A BREATH"] [EXO 31:13-14A; 16-17 ESV].

Sabbath Candles symbolize faith in our Creator. Honoring this day honors our Creator who commanded us to keep the Sabbath.

MOTHER'S PRAYER AND BLESSING

Baruch atah Adonai Eloheinu—Blessed are you Lord our God, King of the Universe, you are the author and perfecter of our faith. Grant us and our loved ones peace during this Sabbath celebration. May the Light represented by these candles, drive out the spirit of anger and the spirit of fear. [AMEN]

We light two candles, one to remember CREATION, and another to remember REDEMPTION.

[LIGHT 1ST CANDLE] This candle represents CREATION

Baruch atah Adonai Eloheinu—Blessed are you Lord our God, King of the Universe, you bring forth light out of darkness.

And God said, let there be light and there was light. And God saw that the light was good. And God separated the light from the darkness. God called the light day and the darkness he called night. There was evening and morning the first day. [GEN 1:3-4 ESV]

[LIGHT 2ND CANDLE] This candle represents REDEMPTION

Baruch atah Adonai Eloheinu—Blessed are you Lord our God, King of the Universe, you redeem our soul from death.

He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins. [COL 1:13-14 ESV]

But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine. [ISA 43:1 ESV]

Essential Rest

The Fourth Commandment conveys God's heart concerning the Sabbath. It bids us to abstain from work so we might focus our attention on Him.

And God spoke all these words, saying, "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery." ... "Remember the Sabbath day, to keep it holy. [EXO 20:1-2; 8 ESV]

...on the seventh day you shall have a holy day, a Sabbath of complete rest to the LORD... [EXO 35:2 NAS]

Observe the Sabbath day to keep it holy, as the LORD your God commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work... [DEU 5:12-14 ESV].

We REMEMBER the Sabbath by pondering its meaning. We OBSERVE the Sabbath by celebrating its significance. Stopping to catch our breath allows our soul to catch up with our body in a sacred repose of *being* rather than *doing*. Taking a break is vital to our well-being—our life depends on it.

We Celebrate the Sabbath as a Covenant Forever

It is to be a Sabbath of solemn rest for you, that you may humble your souls; it is a permanent statute. [LEV 16:31 NAS; LEV 23:32 NAS]

God instructed the Israelites to “*celebrate the Sabbath throughout their generations as a perpetual covenant*” [EXO 31:16 NAS]. In Christ, the Sabbath offers protected time to celebrate our relationship. Jesus said,

“The Sabbath was made for man, not man for the Sabbath” [MARK 2:27 ESV].

For the Law was given through Moses; grace and truth came through Jesus Christ. [JOHN 1:17 ESV]

Blessed are you *Yeshua Ha Mashiach*—Jesus the Messiah, you reign as Lord of the Sabbath. We separate ourselves unto you, for you make the Sabbath holy. Cleanse our heart and renew our mind as we abstain from work and pause to catch our breath. Ease our thoughts with wisdom from above and comfort our mind with peace. We eagerly embrace times of refreshing in your presence.

BLESSING FOR CHILDREN

Sons and daughters! May you inherit a double portion of wisdom and revelation. Be blessed with a clean heart, a good conscience, and a sincere faith [1 TIM 1:5]. You are Royal Heirs in God’s kingdom, those in whom Jesus delights—He rejoices in you [PSA 16:3]. Remember your Creator while you are still young [ECC 12:1] for you are vessels of honor, glorious within and interwoven with gold [PSA 45:13].

God of Abraham, Isaac, and Jacob, may your grace abound as we honor our parents, our sons and daughters, our friends and relatives, and those you bring into our lives. Help us raise children and children’s children to be joyful overcomers, devoted to the knowledge of the truth.

BLESSING FOR HUSBANDS AND FATHERS

May God grant patience and perseverance as you endeavor to perform His will. May His unending love lead you and may His strength guide you to the place where His glory dwells [EXO 15:13]. Be strong and courageous! God is for you and He is always with you. May the pleasantness of the Lord be upon you.

BLESSING FOR WIVES AND MOTHERS

Receive this Sabbath blessing as a precious gift of time. It beckons for you to rest in peace and repose in patience. You bear God’s glorious image! He has adorned you with eternal beauty and endowed you with exquisite virtue. May the blessing of the Lord strengthen your faith, sustain your hope, and enrich your love.

KIDDUSH [SANCTIFICATION] FOR EVENING SABBATH

Fruit of the Vine

The fruit of the vine represents God's blessing and provision. It signifies life and joy through Christ's shed blood.

[FATHER POURS THE FRUIT OF THE VINE. BEFORE DRINKING, EVERYONE PROCLAIMS]

Baruch atah Adonai Eloheinu—blessed are you Lord our God, King of the Universe, you sanctify the Sabbath as a sign and covenant. We worship you as Creator, for you made all things by the power of your Word. We honor you as Redeemer, for you redeemed us by the Blood of The Lamb.

Cleansing of the Hands

We dedicate ourselves to purity and holiness through the washing of our hands.

[WASH HANDS AT A SINK, TRADITIONALLY WITH 3 RINSES, RUB, DRY, AND THEN DECLARE]

Baruch atah Adonai Eloheinu—Blessed are you Lord our God, King of the Universe, for you said, *"I am the LORD who sanctifies you"* [LEV 22:32 ESV]. You sanctify us *"in truth"*, *"by the Holy Spirit"*, *"by faith"*, and *"in Christ Jesus"* [JOHN 17:19; ROM 15:16; ACTS 26:18; I COR 1:2].

For the Pharisees and all the Jews do not eat unless they wash their hands, holding to the tradition of the elders [MARK 7:3 ESV]

Challah Bread

We call Sabbath bread *Challah* [HALLA]. It signifies an everlasting covenant with God [LEV 24:5-9]. He commanded the Israelites to consecrate *Challah* on the Sabbath day and present it as a first-fruit offering to the Lord [NUM 15:20]. We serve *Challah* twisted, traditionally under a cloth like arms folded in rest. Two loaves represent the double portion bestowed during Israel's journey through the wilderness, so they would not have to gather manna on the Sabbath. God sent Jesus as *"the true bread from heaven"* [JOHN 6:32-33]. He said, *"I am the bread of life"* [JOHN 6:48].

Jesus took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." [LUKE 22:19 ESV]

[FATHER UNCOVERS THE CHALLAH, BREAKS OFF A PIECE, DIPS IT IN SALT AND THEN PASSES THE LOAF TO OTHERS WHO BREAK OFF A PIECE—ALL PROCLAIM THE BLESSING AND EAT TOGETHER]

Baruch atah Adonai Eloheinu—Blessed are you Lord our God, King of the Universe, you supply grain from the earth and true manna from heaven.

SING A BLESSING FOR ONE ANOTHER [TUNE OF EDELWEISS]

May the Lord Mighty God, bless and keep you forever.
Grant you peace, perfect peace, peace in every endeavor.
Lift up your eyes and behold His face and His grace forever.
May the Lord, Mighty God, bless and keep you forever.

AFTER MEAL BLESSING

Baruch atah Adonai Eloheinu—Blessed are you Lord our God, King of the Universe, we abide under the shadow of your wing. Thank you for promising that while Earth remains, seedtime and harvest shall not fail. Every good and perfect gift comes from you. Father of Light you are faithful to supply all our needs according to your riches and glory. Grant us life, health, and renewed strength as we fix our hope in you.

Sabbath Promise

If you turn back your foot from the Sabbath from doing your pleasure on my holy day and call the Sabbath a delight and the holy day of the LORD honorable, if you honor it not going your own ways or seeking your own pleasures or talking idly then you shall take delight in the LORD and I will make you ride on the heights of the earth. For the mouth of the LORD has spoken. [ISA 58:13 ESV]

A SONG FOR THE SABBATH—PSALM 92 ESV

It is good to give thanks to the LORD, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night, to the music of the lute and the harp, to the melody of the lyre. For you, O LORD, have made me glad by your work; at the works of your hands I sing for joy. How great are your works, O LORD! Your thoughts are very deep! The stupid man cannot know; the fool cannot understand this: that though the wicked sprout like grass and all evildoers flourish, they are doomed to destruction forever; but you, O LORD, are on high forever. For behold, your enemies, O LORD, for behold, your enemies shall perish; all evildoers shall be scattered. But you have exalted my horn like that of the wild ox; you have poured over me fresh oil. My eyes have seen the downfall of my enemies; my ears have heard the doom of my evil assailants. The righteous flourish like the palm tree and grow like a cedar in Lebanon. They are planted in the house of the LORD; they flourish in the courts of our God. They still bear fruit in old age; they are ever full of sap and green, to declare that the LORD is upright; he is my rock, and there is no unrighteousness in him.

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