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SHABBAT GUIDE

Shabbat Guide

"Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to ADONAI your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days ADONAI made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore ADONAI blessed the Sabbath day and made it holy." - Exodus 20: 8-11

Opening Prayer:

Baruch atah Adonai Eloheinu
melekh ha'olam,
Asher kid'shanu b'dam Yeshua.
V'tzi'vanu l'hiyot or l'olam.

Blessed are You, Adonai, our Elohim, King of the universe, who sanctified us by the blood of Yeshua and commanded us to be a light to the nations.

The Blessing Over the Children:

Sons:

Y'seem-cha Elohim k'Efraim v'chee-me-nasheh

May Elohim make you, my sons, like Ephraim and Manasseh.

Daughters:

Y'seem-aych Elohim k'Sarah, Rivkah, Ra-chel, v'Leah

May Elohim make you, my daughters, like Sarah, Rebekah, Rachel, and Leah.

Blessings Over the Wife: Proverbs 31

An excellent wife, who can find?
For her worth is far above jewels
The heart of her husband trusts in her
And he will have no lack of gain
She does him good and not evil
All the days of her life

She looks for wool and flax
And she works with her hands in delight

She is like merchant ships
She brings food from afar
She rises while it's still night
And gives food to her household
And portions to her maidservants

She considers a field and buys it
And from her earnings she plants a vineyard

She girds herself with strength
And makes her arms strong

She senses that her gain is good
And her lamp does not go out at night

She stretches out her hand to the distaff
And her hands grasp the spindle

She extends her hand to the poor
And she stretches out her hand to the needy

She is not afraid of the snow for her household
For all her household are clothed in scarlet

She makes covering for herself
Her clothing is fine line and purple

Her husband is known at the gates
When he sits among the elders of the land

She makes linen garments and sells them
And supplies belts to the tradesmen

Strength and dignity are her clothing
And she smiles at the future

She opens her mouth in wisdom
And the teaching of kindness is on her tongue

She looks well to the ways of her household
And does not eat the bread of idleness

Her children rise up and bless her saying:
(Children)

Many women have done nobly
But you have surpassed them all
Charm is deceitful, beauty is vain
But a woman who fears the Lord
She shall be praised

Give her the fruits of her labors
And let her accomplishments
Be a source of praise in the gates

Aaronic Benediction:

Y'va-rech'cha Adonai, v'yeesh-ma reh-cha
Y'ayr Adonai panahv ey-lecha vee-choo-neh-cha
Y'sa Adonai panahv ey-lecha v'yah-sem l'cha
Shalom

May Adonai bless you and keep you
May Adonai make His face shine upon you and be gracious to
you
May Adonai lift up His countenance upon you and give you
peace.
(Numbers 6: 23-24)

Sh'ma:

This is a scripturally based traditional prayer spoken daily by
Jewish people worldwide. A declaration of faith for believers in Yeshua
has been added.
(Deuteronomy 6:4)

Sh'ma Yisrael, Adonai Elohaynoo, Adonai Echad
Baruch Shem k'vod malchooto l'olam va'ed
Yeshua hu ha-Mashiach hu Adon ha-kol

Hear O Israel, Adonai our Elohim, Adonai is One.
Blessed be the name of His Glorious Kingdom forever and ever
Yeshua, He is the Messiah, He is Adonai of all.

Blessing Over the Wine:

As we drink the wine we remember the blood of Messiah that was poured out for us.

Baruch Atah Adonai Eloheynoo
Melech ha-olam
boray pre hagafen.
Amen.

Blessed are You, Adonai, our Elohim, King of the universe
Who creates the fruit of the vine.
Amen

Blessing Over the Bread:

As we remember the provision of God in our lives we also remember that Yeshua said to pray in this manner "...Give us this day our daily bread." We know that Yeshua is our bread, our double portion, whose Body was broken on our behalf.

Baruch Atah Adonai Eloheynoo
Melech ha-olam
ha-motzi lechem mein ha'aretz.
Amen.

Blessed are You, Adonai, our Elohim, King of the universe
Who brings forth bread from the earth.
Amen

Songs:

Shabbat Shalom

Shabbat Shalom, Shabbat Shalom, Shabbat Shabbat Shabbat
Shabbat Shalom (2x)

Shabbat Shabbat Shabbat Shabbat Shalom (2x)

(Sabbath peace)

O'seh shalom

O'seh shalom bim'romav

Hu ya'aseh shalom aleינו

V'al kol Yisrael

Vimru, imru amen (2x)

Ya'aseh shalom

Ya'aseh shalom

Shalom aleינו v'al kol Yisrael (2x)

(He who makes peace in His high places

*He shall make peace upon us and upon all of Israel and say
amen)*