

## SHABBAT – SABBATH

### Materials:

- Two candles
- Bible
- Dinner (to include bread & grape juice/wine)

One of the Ten Commandments says that “...the seventh day is a Sabbath to the Lord your God. On it, you shall not do any work...” (Exodus 20:10) We will try to honor God by resting and having a special fun family day each week!

The Sabbath reminds us that...

- ...God created the world.
- ...Christ delivered us from the penalty of sin when he was crucified.
- ...God will make us holy, just as He made the Sabbath holy.
- ...God will finish His work in our lives, just as He finished His work of creation and redemption.
- ...God is our Lord and Savior.
- ...We have rest in Christ.

Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest...you will find rest for your souls.” (Matthew 11:28-29)

Everything about the Sabbath teaches us something about Jesus the Messiah!

### CANDLES

Jesus celebrated Shabbat with his family – and later with his disciples – every week, for his entire life. These two candles are called *the witness candles* and are symbolic of the two witnesses that stand before the Lord in Revelation 11 and Zechariah 4. They remind us of Moses and Elijah, the personifications of the Torah and the Prophets. These same two witnesses appear with Jesus the Messiah in the transfiguration. Lighting these two candles every Friday evening reminds us that Jesus is witnessed throughout the Torah and the Prophets – books of the Old Testament.

**Mom** lights the candles and reads:

- “Blessed are you, oh Lord our God, King of the universe, who has sanctified us by Your commandments.”
- “When Jesus 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

Before dinner, **Dad** can say a blessing over each child. Dad will place his hand on each child and give a special blessing or biblical affirmation.

- (traditional Jewish blessing) “May God make you like Ephraim and Manasseh.”
- (DIY) “May God bless you with \_\_\_\_\_ and \_\_\_\_\_. May you be (like) \_\_\_\_\_ and \_\_\_\_\_. May this Sabbath fill you with \_\_\_\_\_ and \_\_\_\_\_.”

Traditionally, the **husband** also blesses the wife and reads Proverbs 31:10-12.

## WINE/ GRAPE JUICE

Dad will lift a cup of wine/juice and say the *blessing of the wine*, called the *Kiddush*:

- “Blessed are you, Lord our God, King of the Universe, who brings forth fruit from the vine.” Jesus says in John 15:5, “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”
- In Mark 14:24, Jesus tells his disciples, “This is my blood of the covenant, which is poured out for many...”

Pour wine/juice in everyone’s cups.

## BREAD

The special bread, called Challah (pronounced “hallah”), is covered with a cloth while the Kiddush is recited. Then the cloth is removed from the bread and the loaves are lifted up while a blessing is said:

- “Blessed are you Lord our God, King of the Universe, who brings forth bread from the earth.”
- In the same way, Jesus was laid in the earth and covered with a cloth, “Then [Joseph of Arimathea] took [Jesus’ body] down, wrapped it in linen cloth and placed it in a tomb...” (Luke 23:53)

Take a moment to imagine Jesus breaking the bread for his disciples and saying, “Take it! This is my body...” This blessing was a prophecy about his resurrection! We know that three days later, Jesus was lifted up from the dead, brought forth from the earth, and exalted!

Break the bread and disperse around the table.

During dinner, **each person** shares what God has done in his/her life this week. Talk about good and bad things that happened throughout the week; give each person time to share his/her heart.

Conclude dinner with a song, prayer, Bible passage, or devotional. After clearing the table, cuddle up to read aloud, play games, or have a movie night. Family worship and togetherness is the key!

(Song suggestion: “God Rested” by Andrew Peterson)