



CELEBRATING SHABBAT & PRAYING IN HEBREW

WHY SHABBAT?

Shabbat is a day set apart for resting from your labours, communing with God, and strengthening the bonds of family. When you set aside any day during the week as Shabbat, you cease from labor by setting your heart and mind on the eternal rest that we have in Yeshua. The Shabbat was initially given to us by God as a commandment to keep, and today we as believers celebrate Shabbat in how we've become partakers of Yeshua's rest and His completed work on the cross, as well as having become citizens of Heaven. We also dedicate this time to be with our families - to bless them, to show them appreciation, and to love on them.

HOW TO CELEBRATE SHABBAT?

There are quite a few different ways that people choose to celebrate Shabbat, and us believers here in Israel like to start Shabbat during the evening of the preceding day at sunset by lighting the Shabbat candles and sharing communion, the bread symbolising Yeshua's body and the wine symbolising His blood given for us, accompanied by the traditional Jewish prayers that Jesus and His disciples would've prayed as a Jews, followed by a family meal around the dining table. Let's pray together in Hebrew!



BLESSING FOR LIGHTING THE SHABBAT CANDLES



בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת

*Baruch ata Adonai, Eloheinu Melech ha-olam,
asher kidshanu be mitzvotav ve tzivanu lehadlik
ner shel Shabbat.*

*Blessed are You, God, Ruler of the universe, who sanctified us with the
commandment of lighting Shabbat candles.*

BLESSING OVER THE WINE/GRAPE JUICE

בְּרוּךְ אַתָּה אֱדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן

*Barukh ata Adonai, Eloheinu Melekh ha-olam,
borei pri hagefen.*

*Blessed are You, God, Ruler of the universe, Who
creates the fruit of the vine.*



BLESSING OVER THE BREAD



בְּרוּךְ אַתָּה אֱדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן
הָאָרֶץ

*Barukh ata Adonai, Eloheinu Melekh ha-olam,
hamotsi lechem min ha'aretz.*

*Blessed are You, God, Ruler of the universe, Who
creates bread from the earth.*



BLESSING OVER YOUR WIFE

אִשֶׁת חַיִּיל מִי יִמְצָא וְרַחֵק מִפְּנִינִים מִכָּרָה. בְּטַח בָּהּ לֵב.
בְּעֵלָה וְשָׁלַל לֹא יִחָסֵר. פִּיהָ פֶּתַח בְּחָכְמָה וְתוֹרַת חֶסֶד עַל
לְשׁוֹנָהּ. קָמוּ בָנֶיהָ וַיְאַשְׁרוּהָ בְּעֵלָה וַיְהַלְלֶהָ. רַבּוֹת בָּנוֹת עָשׂוּ
חַיִּיל וְאַתָּה עֲלִית עַל כָּלֵנָה

Eishet khayil mi yimtza, verakhok mi'pninim mikhrah.
Batakh bah lev ba'alah, veshalal lo yekhsar. Pikha
pat'kha be'khokhmah, ve'torat khesed al leshonah.
Kamu bane'ah v'ya'ashruhah, ba'alah vay'hal'lah.
Rabot banot asu khayil, ve'at alit al kulanah.



A woman of valor, who can find? Her worth is far beyond rubies. Her husband trusts in her, and lacks for nothing. Her lips are full of wisdom, her mouth with loving-kindness. Her children rise and bless her, her husband sings her praises: "Many women have done well, but you surpass them all!" (Proverbs 31)

BLESSING OVER YOUR HUSBAND



מִי הָאִישׁ הַחֹפֵץ חַיִּים אוֹהֵב יָמִים לְרֵאוֹת טוֹב נֹצֵר לְשׁוֹנֵךְ מֵרַע
וְשִׁפְתָיֶךָ מִדְּבַר מְרָמָה סוֹר מֵרַע וְעֹשֶׂה טוֹב בְּקֶשׁ שְׁלוֹם וְרִדְפָהוּ

Mi ha-ish, he-khafetz hayim, ohev yamim lir'ot tov?
N'tzor l'shon'kha me'ra, u'sfatekha mi-daber mirma. Sur
me'ra va'aseh tov, bakesh shalom verad'feihu.

Who is the man who is eager for life, who hopes for long days of good fortune? He guards his tongue from speaking deceit, he turns from evil and does good, he desires peace and pursues it. (Psalm 34)

BLESSING OVER YOUR CHILDREN

For sons:

יְשִׁימְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה
Yesimkha Elohim k'Ephraim ve k'Menashe.
May you be like Ephraim and Menashe.

For daughters:

יְשִׁימְךָ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה
Yesimekh Elohim k'Sarah Rivka Rachel ve Leah
May you be like Sarah, Rebecca, Rachel, and Leah.

For both sons and daughters, the remainder of the blessing is:

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ
Yivarekhekha Adonai ve yishmerekha
May God bless you and protect you.

יֵאָר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ
Ya'er Adonai panav elekha vechuneka
May God show you favor and be gracious to you.

יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׂם לְךָ שְׁלוֹם
Yisa Adonai panav elekha veyasem lekha shalom
May God show you kindness and grant you peace.

