

Sanctification of the Sabbath

Sabbath eve services for the home

The table is given a festive appearance. Wine and challah are set before the head of the household, with wine glasses at each place. Grape juice may be used for young children. The ceremony of ushering in the Sabbath is begun with the lighting of two candles by the wife, reciting the following blessing while all stand:

The Sabbath is a memorial of creation. G-d began His creation by proclaiming "Let there be light."

Baruch atah Adonai elohenu melech ha-olam asher kidshanu bmitsvotav vetsivanu l'hiyot or l'goyim v'natatan lanu Yeshua Meshichenu haor la-olam. Amen.

Blessed are You O LORD our G-d, King of the universe, who has sanctified us by your commandments and commanded us to be a light for the nations, and gave us Messiah Yeshua, the light of the world.

Baruch atah Adonai elohenu melech ha-olam asher kidshanu bmitsvotav vetsivanu lehadik ner shel Shabbat. Amen

Blessed are You O LORD our G-d, King of the universe, who has sanctified us by your commandments and commanded us to kindle the Sabbath light. May it shine upon us all in blessing as the light of love and truth, the light of peace and good will. Amen

When all are seated, the head of the household says:

Let us now put aside workday thoughts and cares as we welcome the Sabbath. Like a bride, radiant and joyous this day comes, bringing blessing to our hearts. May the brightness of the Sabbath light illuminate our home. May that light enrich our blessings and soften our griefs and trials. May G-d's messenger of peace turn our hearts to one another, the hearts of the parents to the children and the hearts of the children to the parents, strengthening the bonds of affection and devotion in our home and making it a sanctuary worthy of the Divine Presence.

Blessing of the Children

The father places his hands upon the head of each child in turn and may pronounce such a blessing as the heart may prompt or use the following one.

Be blessed, my sons, as Ephraim and Manasseh (my daughters as Sarah, Rebecca, Rachel and Leah). May He who has guided us unto this day lead you to be an honor to our family and make you a light unto our nation and a blessing unto Israel and all mankind. Amen.

Blessing of the Mother

The following verses from Proverbs 31 are recited by the father and the children as a tribute to the mother:

A woman of valor, who can find? For her price is far above rubies. The heart of her husband does safely trust in her. She gives food to her household. She stretches her hand to the poor: yes, she reaches forth her hand to the needy. Strength and dignity are her clothing and she shall rejoice in the time to come. She opens her mouth with wisdom and 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 call her blessed; her husband also, and he praises her: "Many daughters have done valiantly, but you surpass them all." Grace is deceitful, and beauty is vain; but a woman who fears Adonai shall be praised.

Aronic Blessing

The father places his hands in a blessing over the entire family and recites the Aronic Blessing.

Yivarechecha Adonai viyishmirecha
Ya'er Adonai panav elecha veechuneka
Yeesa Adonai panav elecha viyasem lecha shalom

May YHWH bless you and keep you; May YHWH make his face to shine upon you and be gracious to you; May YHWH lift up his countenance upon you and give you peace.

Kiddush

The head of the household fills the wine glasses as the entire family recites the fourth commandment:

Remember the Sabbath day, to keep it holy. Six days shalt thou labor, and do all thy work: But the seventh day is the Sabbath of the LORD thy G-d: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day, and hallowed it.

After the cups are filled, the head of the household says:

With wine, our symbol of joy, we celebrate this day and its holiness. We give thanks for all our blessings, for life and health, for work and rest, for home and love and friendship, and most of all, for your son Yeshua, who tells us that the Sabbath was made for man and not man for the Sabbath. Yeshua also reminds us with wine that His blood is shed for our sin. On Shabbat, the eternal sign of creation, we remember that we are created in the Divine image. O LORD, You have chosen us and set us apart from all peoples, and in love and favor given us the Sabbath day as a holy sacred inheritance. We therefore raise the cup in thanksgiving.

The head of the household lifts up his wine glasses and says:

Blessed are You, O LORD our G-d, King of the universe, who hallows us with your commandments, and takes delight in us. In your love and favor You have made your Sabbath our heritage, first among our sacred days as a reminder of the work of creation and our deliverance from Egyptian bondage.

The head of the household recites the following prayer:

Baruch atah Adonai elohenu melech ha-olam boray p'ree ha-gafen. Amen

Blessed are You O LORD our G-d, King of the universe, creator of the fruit of the vine.

All drink.

Ha-Motsi

“Man does not live on bread alone, but by the utterance of G-d’s mouth does man live.”

Everything in creation is an “utterance of G-d’s mouth.” In the beginning, G-d said, “let there be light,” and there was light. Everything under the sun holds a spark of G-dliness because it came into being as a result of the word of G-d.

When we feel hungry for a slice of bread, this is really our soul’s desire for its spiritual essence. Food feeds body and soul. When we take challah we are saying: basic bread helps me have the strength to serve my Creator; by using the energy to do mitzvos, I am spiritually nourished. Food is not about simply keeping me alive. It is about helping me live for the purpose for which I was created.

Yeshua also reminds us with bread that His body is broken for us.

The head of the household lifts up the challah, pronouncing the following blessing:

Baruch atah Adonai elohenu melech ha-olam ha-motsi lechem mein ha-arets. Amen.

Blessed are You O LORD our G-d, King of the universe, who brings forth bread from the earth.

The head of the household breaks off and gives a piece of challah to each person. Each one partakes of their piece of challah. The meal is then served.