

Shabbat (Judaism)



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What Is Shabbat?

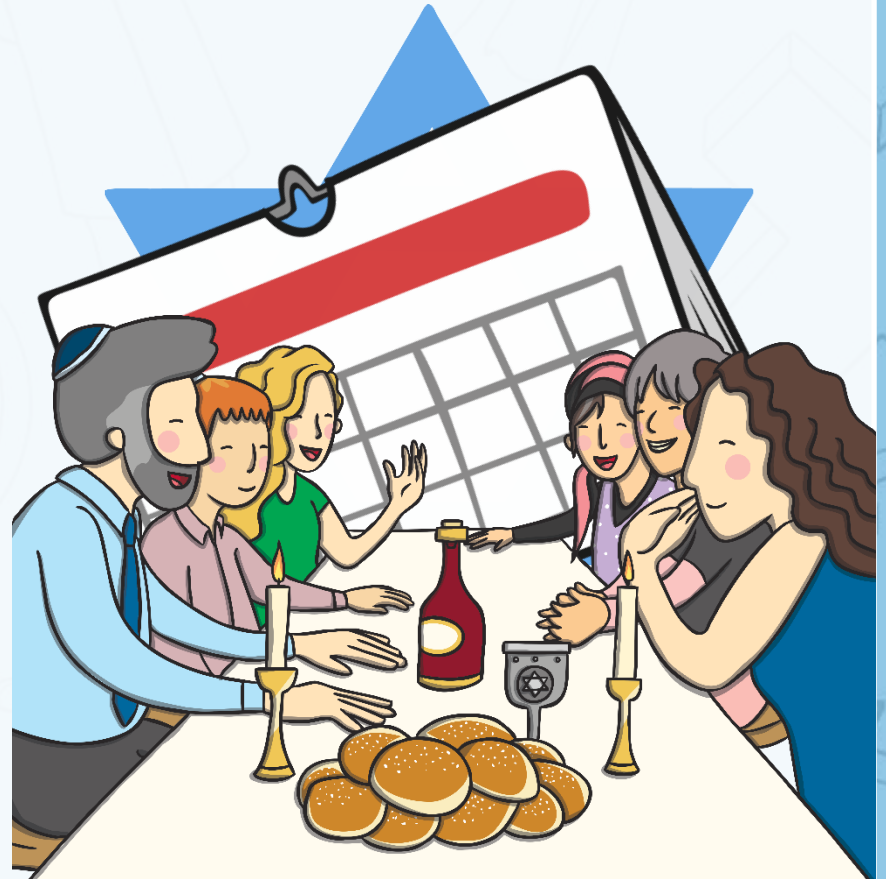


The Sabbath or Shabbat (the Hebrew word for 'Sabbath') is the seventh day of the week.

Jewish people celebrate the Sabbath every week.

The Sabbath begins at sunset on Friday and lasts until nightfall on Saturday.

Jewish people look forward to Shabbat as it is a time for resting. Time is spent eating and relaxing with family and friends.



Why Is Shabbat Important to Jewish people?

During Shabbat, Jewish people remember how God created the world in six days and rested on the seventh day.

It is a gift – a day to forget your chores and relax. Time spent with family and God (in prayer) helps in moving weekly worries.

Keeping the seven

Commandments:



‘Remember the Sabbath day, to keep it holy.’

What Happens Before Shabbat?

As Shabbat is a time for resting, everything has to be ready before sunset on Friday.

Jewish families will go shopping, cook and clean before Shabbat starts and dress up in their best clothes.



The Shabbat Meal

Just before sunset, two candles are lit by the woman of the house.

The father or grandfather of the house blesses the children.

The father of the house pours wine (or grape juice) into a special cup, says a blessing and passes the wine around.

Challah bread is uncovered, cut and sprinkled with salt.

Everyone sits down and eats the Shabbat meal.

Families talk about the week, tell stories and sing songs.

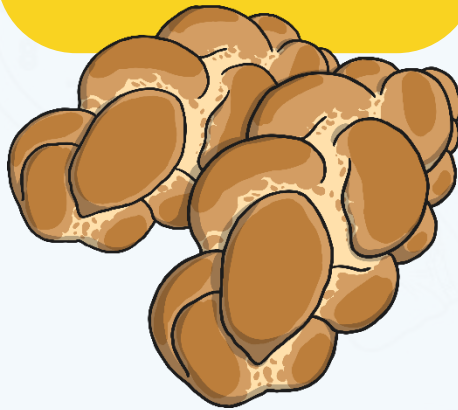


What Happens During Shabbat?

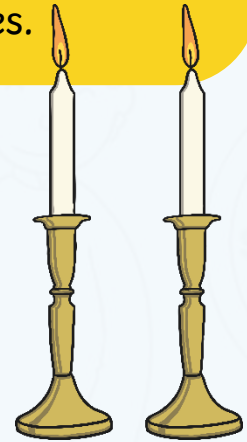
During Shabbat Jewish families will often visit the Synagogue. Special prayers are said and parts of the Torah are read out.



Every Jew must eat three meals during Shabbat and one of the meals must include bread.



The end of Shabbat is called Havdalah, which means 'separation'. Havdalah separates Shabbat from the rest of the week. Blessings are said over wine, spices and candles.





Shabbat Riddles



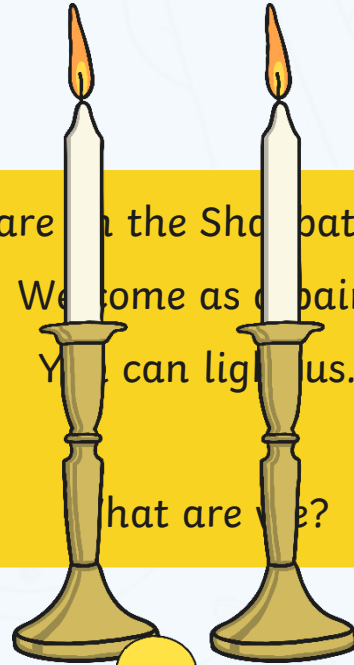
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Challah bread



Shabbat Riddles

We are on the Shabbat table.
We come as a pair.
You can light us.
What are we?



Candles

