

# SIMPLE FAMILY SHABBAT

## PROPOSED ORDER FOR WELCOMING EREV (EVENING) SHABBAT

0. The Shabbat table will be set with the following:
  - a. (Optional) Formal (holy, not your common, everyday ware) china and place settings to honor Yahweh and declare Shabbat holy.
  - b. Two white candles in candlestick holders. (Don't forget to have some matches available.)
  - c. Two loaves of Challah bread covered with a formal Challah cover or a cloth.
  - d. A Kiddush cup filled with wine or grape juice for the father, and a cup of wine or juice for each person at the table.
  - e. Food for the evening meal.
1. The mother prays a blessing to welcome Shabbat and lights the two Sabbath candles.
2. The father prays for and blesses his wife.
3. The father prays for and blesses each of his children.
4. Recite the "Sh'ma together.
5. Bless the wine/juice and recite the Kiddush.
6. Bless and receive the Challa bread.
7. Pray blessing over the food and evening meal.
8. Eat the meal with your family in joy and thanksgiving.

## MORE DETAILED INSTRUCTIONS FOR EACH STEP

In all of the following, please be led by the Holy Spirit. This is not meant to be a dead ritual, but rather a life-giving meal together as a family. Please feel free to modify any of this and add to it your own personal prayers. This is just a boiler plate to be adapted to your family as you feel led. May the Shabbat be a blessing to you, not a burden, or just a dry ritual with no presence of God or fellowship with people. With that in mind, here are some more detailed instructions.

1. The mother prays a blessing to welcome Shabbat and lights the two Shabbat candles. Just before sunset on Shabbat evening, the mother may cover her head and light two white candles. She may then pronounce the following two blessings, welcoming Shabbat.

**Blessed are You, Yahweh, our God, King of the universe, Who separated us by Your commandments, justified us by the blood of Messiah Yeshua, commanded us to be a light to the nations, and gave us Yeshua our Messiah, the light of the world.**

**Blessed are You, Yahweh, our God, King of the universe, Who has separated us by Your commandments, justified us by the blood of Yeshua the Messiah, and invited us to kindle the Shabbat lights.**

Lighting the candles formally ushers in the Shabbat. The candles are lit just before sundown to bring light to all in the house after the sun has set. Frequently the family

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members close their eyes before the candles are lit and listen to the blessing of Shabbat with eyes closed. After the blessing, when the eyes are opened sight of the Shabbat lights brings a delight and a clear transition between the common time of the week, and the holy time of Shabbat. Just as the candles bring light to all in the house, we are reminded by them that our lives are meant to bring light to all with whom we have contact. The two candles can be thought of as representing Creation and Redemption.

The father may then speak the following in receipt of the Shabbat for rest and refreshing:

**And it was evening, and it was morning, the sixth day. The heavens and the earth, and all they contain, were completed. By the seventh day God had finished the work which He had been doing; and so God ceased from all His work. Then God blessed the seventh day and sanctified it because on it He ceased from all His work of creation.** (Genesis 1:31-2:2)

**Blessed are you, Yahweh, our God, Ruler of the universe, Who sanctified us by Your commandments and has taken pleasure in us, and in love and favor You have caused us to inherit the Shabbat in remembrance of the creation, a day on which You ceased from Your work; that day being also the first of Your holy feasts, and is a memorial of our departure from Egypt, even our personal “Egypt” of iniquity, sin and bondage. For You have chosen us and forgiven us our sins through the blood atonement of our Messiah Yeshua and in love and favor have invited us to inherit the Shabbat for rest and refreshing.**

Everyone now greets each other by saying:  
**Shabbat Shalom!**

2. The father prays for and blesses his wife. It is best if the father and mother have been praying together with each every day at least 5 minutes, confessing to each other their faults, and asking for forgiveness (James 5:16), a prayer thanking God for your spouse, and a prayer of blessing over your spouse. However, before you can bless your wife, if you have wounded her during the week and have not yet taken responsibility for your part in hurting her, you will now need to take time to look her in her eyes, confess your fault to her, take responsibility for wounding her, and ask her to forgive you. After you are certain that there is no spiritual or emotional barrier remaining between you, as a husband you may now bless your wife. You may wish to speak the following from Proverbs 31:

**An excellent wife, who can find? (But I have found her in you.) For your worth is far above money or jewels. You look well to the ways of your household, and do not eat the bread of idleness. Your children rise up and bless you. Your husband also, and he praises you saying: “Many daughters have been noble, but you excel them all.” A woman such as you, who fears Yahweh, she shall be praised.”**

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You, the husband may then wish to thank God for your wife and pray anything other blessing from your heart that you would like to pray for her.

3. The father prays for and blesses each of his children. Regarding your children, the same is true as pertains to your wife. If you have been angry with them, treated them unjustly, unkindly, or wounded them in the last week, you will not be able to effectively bless them until you look the one you wounded in the eyes, confess your fault to him/her, take responsibility for wounding him/her, and ask him/her to forgive you. (Honoring the Shabbat forces you to keep short accounts with your family, and confess your faults to one another at least once a week.) After you are certain that there is no spiritual or emotional barrier remaining between you and your children, as a father you may now bless each of your children. The mother may also participate in whatever way you feel led as a couple and a family. You may wish to speak over your family the blessing pronounced in the Bible over the children of Israel.

**May Yahweh bless you and keep you. May Yahweh make His face to shine on you (illumine you with His presence), and (grant you favor with all men) be gracious to you. May Yahweh lift His countenance upon you and give you shalom (peace).**

Numbers 6:24-26

You may now pray over each of your children any specific blessings or words, that God has given you specifically for them for this week.

4. Recite the “Sh’ma together. This is a proclamation of agreement with Who Yahweh is from Deuteronomy 6:4 So, together all recite:

**Sh’ma Yisrael Yahweh Elohainu, Yahweh Echad.**

**Hear Oh Israel, Yahweh, our God, Yahweh is One.**

The father may then read Deuteronomy 6:5-7.

**You shall love Yahweh your God with all your heart, with all your soul, with all your strength. And these words, which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.**

5. Bless the wine/juice and recite the Kiddush. Kiddush means sanctification or to set aside as holy. So it is the Kiddush cup, which sets aside as holy the Sabbath day. Wine, in the Bible, always represents joy. So as we drink the cup, we are entering into the joy of Shabbat. The father will lift the Kiddush cup and say:

**Blessed are You, Yahweh our God, King of the universe, Who creates the fruit of the vine.**

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You, the father may also want to explain that we are not only welcoming Shabbat, but that we are also celebrating our being grafted into the Hebrew olive tree (Romans 11: 17-25) in the New Covenant by the blood of Yeshua ha Meshiach (Jesus Christ). So we are also celebrating our covenant with Yahweh by the shed blood of Messiah. You may then want to speak the following:

**And on the night before He died, Yeshua (Jesus) took the cup and gave thanks, and gave it to them, saying, “Drink from it, all of you, For this is the My blood of the new covenant, which is shed for many for the remission of sins. (Matthew 26:27-28)**

6. Bless and receive the Challah bread. You will notice that the Challah is made of three strands of dough, which may represent the unity of the Trinity. There are two loaves which speak of the double portion of manna that the Israelites gathered on the sixth day (Exodus 16:22) which was to last them through Shabbat. This also depicts total reliance upon Yahweh for provision. The father will uncover the two loaves of Challah and while holding them up, he will recite the following:

**Blessed are You, Yahweh our God, King of the universe, Who brings forth bread from the earth.**

You, the father may also want to speak the following:

**And as they were eating, Yeshua (Jesus) took bread, blessed and broke it, and gave it to His disciples and said, “Take, eat; this is My Body. (Matthew 26:26)**

You may then break the loaves of Challah and give some to each person at the table. You may all eat some of the bread at this time.

7. Pray blessing over the food and evening meal. At this time simply pray a prayer of thanksgiving from your heart for the provision of Yahweh to your family. Then eat, drink and be thankful, for life and family are gifts from God.
8. Eat the meal with your family in joy and thanksgiving. Enjoy your family and rest of your Shabbat day.