

## 5 WATER

We take this opportunity to wash away negative things from our lives, such as negative thoughts, words or actions. We wash our hands with water in recognition that God has power to make our hearts clean.

*ALL THOSE WHO WANT TO TAKE IT IN TURNS TO WASH THEIR HANDS USING THE WATER IN A SMALL BOWL. THESE WORDS OR THE PERSON'S OWN CAN BE SAID. THEY THEN DRY THEIR HANDS AND PASS THE BOWL TO THE NEXT PERSON. ALTERNATIVELY, JUST PASS THE BOWL TO THE NEXT PERSON.*

**I wash my hands to Messiah,  
the hope of glory, to serve him only.**

## 6 BREAD

*THE TWO LOAVES OR PIECES OF BREAD ARE HELD, SAYING:*  
When God's people lived in the desert, the Bible says God sent them manna to eat, which they made into loaves. These two loaves represent the double portion of manna the Israelites collected in the desert on the day before the Sabbath so that they could rest on the Sabbath.<sup>1</sup> They had all they needed, just as we do, for which we are very thankful.

We bless you, Lord our God, King of the universe who brings forth bread from the earth.

*ONE LOAF OR PIECE IS BROKEN, SAYING:*  
The Bible says that Jesus told his friends to remember Him when they shared bread together. So as we break this bread, we remember Him.

*EACH PERSON THEN TAKES AND EATS A SMALL PIECE OF THE BREAD.*  
We are thankful for this meal and for our friends around this table, and we look forward to sharing this special time of eating and resting together. We again wish each other Shabbat Shalom as a prayer that we all would experience God's peace-filled completeness filling our hearts and our lives.

**Shabbat Shalom!**

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<sup>1</sup> Exodus 16:23-30

*ALL BIBLE PASSAGES ARE TAKEN FROM THE MESSAGE VERSION OF THE BIBLE  
WORDS IN CAPITAL ITALICS ARE INSTRUCTIONS.*

**Words in bold are to be spoken out loud by everyone.**

## 1 PREPARATION

This meal marks the beginning of a day of rest together. We make this day a special time to remember God, to remember who we are and the people and things which are important to us.

We stop and rest from our work and school, just like God rested from His work of creation. He blessed the seventh day, and set it apart as special. On this Sabbath day we remember this rest.

The Bible tells how God brought the Israelites out from being slaves and made them His people. Through Jesus, God has also given us freedom to be with Him and to be His people<sup>2</sup>. On this Sabbath day we remember this freedom.

## 2 LIGHT

*AS THE WIFE LIGHTS THE CANDLES, SHE SAYS:*  
I light the two Sabbath candles, to remind us of the two reasons we remember and observe the Sabbath: rest and freedom. As I light them, I welcome Shalom Bayit, peaceful harmony, into this home.

*ANY CHILDREN PRESENT LIGHT THEIR CANDLES. AFTER THE CANDLES ARE LIT, THE WIFE CLOSSES HER EYES AND SAYS THIS BLESSING:*

We bless you, Lord our God, King of the universe, who has given us Jesus, the light of the world. Thank you that whoever follows you will never walk in darkness But have the light of life.<sup>3</sup>

*THEN SHE OPENS HER EYES WAFTS THE LIGHT TOWARDS HERSELF AND AROUND THE HOME. AFTER THE CANDLES ARE LIT, WE GREET EACH OTHER WITH THIS TRADITIONAL HEBREW SABBATH GREETING WHICH MEANS 'PEACEFUL SABBATH':*

**Shabbat Shalom!**

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<sup>2</sup> Ephesians 3:6;12

<sup>3</sup> John 8:12

### 3 BLESSING

*THE HUSBAND READ THIS POEM FROM THE BIBLE TO HIS WIFE AND THE OTHER WOMEN<sup>4</sup>:*

A good woman is hard to find  
and worth far more than diamonds.  
Her husband trusts her without reserve,  
and never has reason to regret it.  
Never spiteful, she treats him generously all her life long.

She's quick to assist anyone in need,  
reaches out to help the poor.  
She doesn't worry about her family when it snows;  
their winter clothes are all mended  
and ready to wear.

Her clothes are well-made and elegant,  
and she always faces tomorrow with a smile.  
When she speaks she always has something worthwhile to say,  
and she always says it kindly.

She keeps an eye on everyone in her household,  
and keeps them all busy and productive.  
Her children respect her and bless her;  
her husband joins in with words of praise:

"Many women have done wonderful things,  
but you've outclassed them all!"  
Charm can mislead and beauty soon fades.  
The woman to be admired and praised is the  
woman who lives in the 'Fear-of-God'.

*THE HUSBAND THEN SAYS A FEW WORDS OF THANKS AND PRAISE TO HIS WIFE AND ALL THE WOMEN PRESENT.*

*THE HUSBAND THEN READ THIS POEM FROM THE BIBLE TO THE CHILDREN<sup>5</sup>:*

If GOD doesn't build the house,  
the builders only build shacks.  
If GOD doesn't guard the city,  
the night watchman might as well nap.  
It's useless to rise early and go to bed late,  
and work your worried fingers to the bone.  
Don't you know he enjoys giving rest to those he loves?

Don't you see that children are GOD's best gift?  
the fruit of the womb his generous legacy?  
Like a warrior's fistful of arrows are the children of a vigorous youth.  
Oh, how blessed are you parents, with your quivers full of children!  
Your enemies don't stand a chance against you;  
you'll sweep them right off your doorstep.

*ALL WHO ARE PRESENT THEN SAY THIS POEM FROM THE BIBLE TO EACH OTHER<sup>6</sup>:*

**God bless you and keep you; God smile on you and gift you,  
God look you full in the face and make you prosper.**

### 4 WINE

*THE WINE IS Poured, AND THE CUP IS HELD AND THE FOLLOWING SAID:*

For Jews and for us, wine is a symbol of joy and celebration. As we drink this wine, we celebrate all the good things we have in life.

The Bible says that Jesus told his friends to remember Him when they shared wine together. So as we drink the wine, we remember Jesus and what He means to us.

We bless you, Lord our God, King of the universe, who brings forth the fruit of the vine.

*WE THEN PASS AROUND THE WINE AND EVERYONE WHO WANTS TO HAS A SIP FROM THE CUP.*

<sup>4</sup> Selected verses from *The Message* version of Proverbs 31:10-31

<sup>5</sup> Psalm 127

<sup>6</sup> Numbers 6:24-26