

# Final blessings

Say or sing this blessing:

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

Thank you, God, for this food and ask that Shalom,  
Your peace-filled completeness,  
will fill our hearts and our lives.

Finish by repeating this traditional Hebrew Sabbath blessing:

**Shabbat Shalom!**



# Shabbat

## A special family meal

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# Welcome!

This meal marks the beginning of a time of rest as a family together.

We stop and rest from our work, just like God rested from His work of creation.

We celebrate the freedom God has given us, just as He brought freedom to the Israelites when He set them free from being slaves in Egypt.



# More blessings

Read this poem from Psalm 127:

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.



## Notes

This 'service sheet' is for a Shabbat meal for families to use at home.  
The Bible text is taken from The Message.

All the words in turquoise are instructions.

Words in bold are for everyone to say.

## Blessing the women continued

You're quick to assist anyone in need,  
and you reach out to help the poor.

You don't worry about our family when it snows;  
their winter clothes are all mended and  
ready to wear.

Your clothes are well-made and elegant,  
and you always face tomorrow with a smile.

When you speak you always have something worthwhile to say,  
and you always say it kindly.

You keep an eye on everyone in our household,  
and keep them all busy and productive.

Your children respect you and bless you;  
I join in with words of praise:

(children can join in at this point)

"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'.



## Light

Light the candles and say:

I light the two Sabbath candles to remind us of  
the rest and freedom God gives us.

As I light them, I welcome Shalom Bayit,  
peaceful harmony in our homes.

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.

Waft the light three times towards yourself, representing more of Jesus'  
light in you life. Then waft the light outwards three times, to represent  
spreading the light of Jesus into the lives of those around the table, your  
loved ones and the wider community.

Say or sing this blessing together:

**We bless You, Lord our God, King of the universe x2  
Who has given us Jesus, Light of the world.  
We bless You, Lord our God, King of the universe. (hey!)**

Say this traditional Hebrew Sabbath greeting, which means 'peaceful  
Sabbath':

**Shabbat Shalom!**



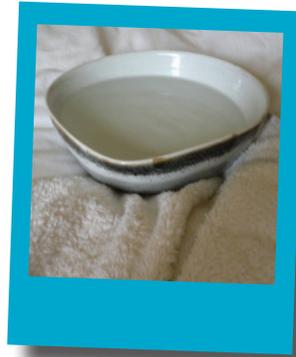
# Water

The Bible says that only those with clean hands and pure hearts can stand in God's holy place.

We wash our hands with water and ask Jesus to make our hearts clean.

Take it in turns to wash your hands in a bowl of water, or pass it on. As we wash our hands, we can say our own sorry to God either out loud or silently, or we can use these words:

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



# Bread

These two loaves represent the double portion of manna the Israelites collected in the desert. It is a symbol of the work of the worker.

As we break this bread, we remember Jesus and His body which was broken.

We bless You, Lord our God, King of the Universe who gives us bread from the earth.

Break one loaf and pass pieces around for everyone to eat.



# Wine

Pour the wine and juice and hold the cups and say:

Wine and juice are symbols of joy and celebration.

We drink this wine and juice to celebrate all the good things we have in life and to remember Jesus.

We bless You, Lord our God, King of the Universe, who gives us the fruit of the vine.

Pass around the cup and invite everyone to sip the wine and juice.

# Blessing the women

Read this poem from Proverbs 31 as a blessing to the women:

A good woman is hard to find  
and worth far more than diamonds.

I trust you without reserve,  
and never have reason to regret it.

Never spiteful, you treat me generously all your  
life long.

