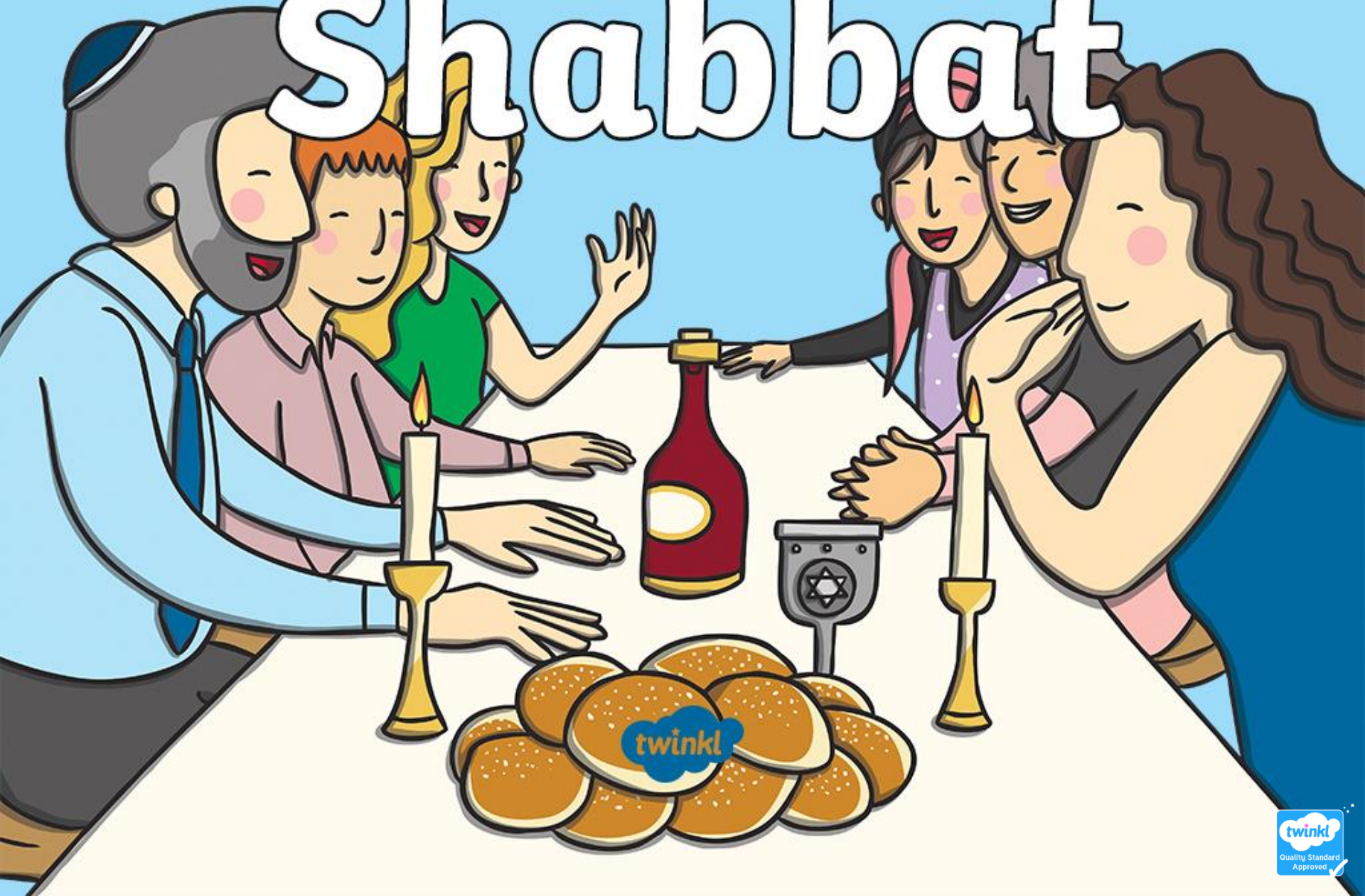


Shabbat



Day of Rest

- What's your favourite day of the week? Why?
- Is it important to have a day of rest from work or school? Why?
- What does a day of rest mean to YOU?
- What would you do or not do on your day of rest? Why?

The Sabbath

Every week, Jews celebrate something which happened a very long time ago - The beginning of the whole universe.



Jews believe that God created the world in 6 days and rested on the 7th. That day is called the Sabbath.



What Is Shabbat?

Shabbat is an exciting and important day that Jewish people look forward to all week.

For Jewish people, Saturday is a special day, just like Sunday is special to Christians.

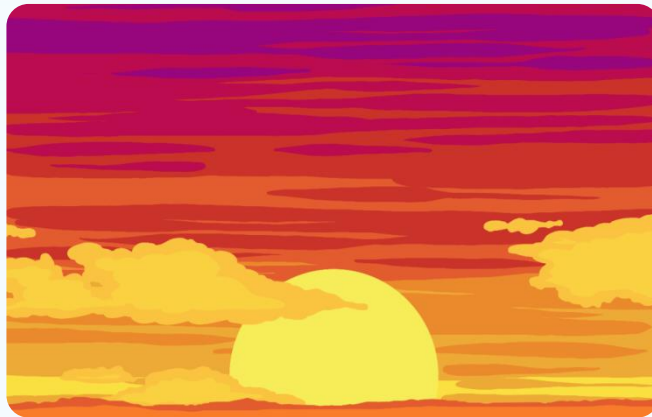


Shabbat is the **fourth commandment**: 'You shall remember to keep the Sabbath day Holy.' Saturday was the seventh day of the week and the day that God rested after creating the world. Ever since ancient times, Jewish people have kept the Sabbath day Holy by celebrating Shabbat.

When Is Shabbat?

It happens every weekend, beginning on Friday evening, and ending Saturday evening.

3 special meals are eaten – Friday evening, Saturday afternoon and just before the end of the Sabbath.



On Friday, families work hard to prepare food, clean their houses and lay their dining tables ready for Shabbat.

Friday

- All the hard work has to be done before Friday evening
- The house must be clean and tidy (everyone does something to help).
- The Sabbath meals must be ready
- The table laid with flowers, best plates and glasses must be laid out.
- Even the candlesticks have to be put out on the table.



How Is Shabbat Celebrated?

When Shabbat begins on Friday evening, everyone puts on their best clothes and gather for a special meal. Other family members or friends may join the family for this special occasion.



There are lots of traditions that take place at a Shabbat meal.

Blessings

Meals begin with a blessing over two loaves of bread which is symbolic of the MANNA God gave the Jewish people in the desert after the escape from Egypt.



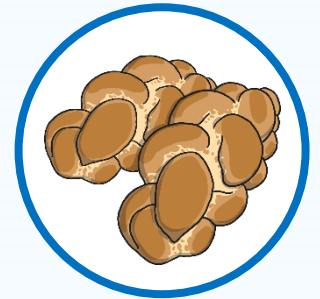
Candlelight symbolises PEACE coming into the home when it is lit on Friday evening as the Sabbath starts.

Shabbat Traditions

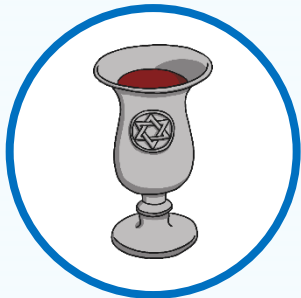


Shabbat Candles
are lit on the
dinner table.

Challah bread
is eaten.



Wine (or grape
juice) is shared in
a **Kiddush cup**.



Blessings
are recited.



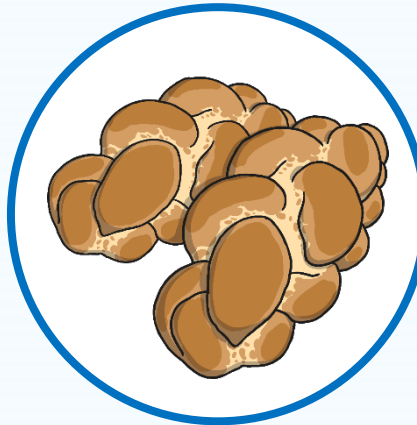
Challah Bread

Challah is a special plaited loaf that is bought fresh on Friday morning, ready for the Shabbat.



The loaves are covered with a special **Challah cover**, so they can't 'see' the wine when it is blessed.

Two loaves are always bought together.



Challah tastes much sweeter than normal bread. This helps remind people that **Shabbat is special**.

Other Customs



Families enjoy talking together. Children can stay up late and tell and listen to stories. Songs are sung.



Families will visit a **Synagogue** during Shabbat.

No work can be done. Including homework!

Havdalah is the end of Shabbat. A special plaited candle is lit and prayers are read. **Special spices** are smelt and finally the candle is put out in the wine.

Which of these can be done during Shabbat?

Handle money	Go without Food	Plait hair
Help someone in need	Laugh	Drive a car
Baking	Knit a sweater	Play the piano
Dance	Sing	Work
Cook	Go for a walk	Play a board game
Watch television	Read a newspaper	Do gardening

Which of these can be done during Shabbat?

Handle money ✗	Go without Food ✗	Plait hair ✗
Help someone in need ✓	Laugh ✓	Drive a car ✗
Baking ✗	Knit a sweater ✗	Play the piano ✓
Dance ✓	Sing ✓	Work ✗
Cook ✗	Go for a walk ✓	Play a board game ✓
Watch television ✗	Read a newspaper ✓	Do gardening ✗

Find Out More

Find out more about Shabbat by watching these videos:

<https://www.bbc.co.uk/bitesize/clips/zj9jxnb>

<https://www.bbc.co.uk/bitesize/clips/zw4wmp3>

<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-shabbat-day-of-rest/zrkvrj6>

