

A Guide to Shabbat at Home

By AJU Miller Intro to Judaism



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INTRODUCTION

Heschel Quote

Contributed by [AJU Miller Intro to Judaism](#)

Source: AJU Miller Intro to Judaism: A Guide to Shabbat at Home

“Six days a week we seek
to dominate the world.
On the seventh day we
try to dominate the self.”

Rabbi Abraham Joshua Heschel
The Sabbath

Light

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Source: AJU Miller Intro to Judaism: A Guide to Shabbat at Home

Candlelight is very different than the harsh lights of our homes and offices. We begin Shabbat bathed in their sweet, gentle glow.

Candles are lit a minimum of 18 minutes before sundown on Friday evening.

Light at least two candles (some add an additional candle for each child.) Draw in the light by waving your hands toward your eyes three times. Recite the blessing, while covering your eyes with your hands. Uncover your eyes and take a moment to appreciate the sweet light of Shabbat.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת

*Barukh ata Adonai Eloheinu melek ha'olam,
asher kidshanu b'mitzvotav
v'tzivanu l'hadlik ner shel shabbat.*

Blessed are You, Adonai our God, Ruler of the universe,
Whose mitzvot add holiness to our lives
and Who has given us the mitzvah to kindle the lights of Shabbat.

Invite

Contributed by [AJU Miller Intro to Judaism](#)

Source: A Guide to Shabbat at Home

On Friday nights we invite the angels to briefly come and join us at our Shabbat table, to offer us their blessings, and then to continue on in their Shabbat rounds.

We sing Shalom Aleikhem at the beginning of the Shabbat meal.

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שְׁלוֹם עֲלֵיכֶם מַלְאֲכֵי הַשָּׁרֵת מַלְאֲכֵי עֲלִיּוֹן
מִמְלַךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

בּוֹאֲכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן
מִמְלַךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

בְּרַכּוּנִי לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן
מִמְלַךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

צֵאתְכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן
מִמְלַךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

*Shalom aleikhem malakhei hasharet malakhei elyon
mimelekh mal'khei ham'lakhim hakadosh barukh hu.*

*Bo-akhem leshalom malakhei hashalom malakhei elyon
mimelekh mal'khei ham'lakhim hakadosh barukh hu.*

*Barkhuni leshalom malakhei hashalom malakhei elyon
mimelekh mal'khei ham'lakhim hakadosh barukh hu.*

*Tzethem leshalom malakhei hashalom malakhei elyon
mimelekh mal'khei ham'lakhim hakadosh barukh hu.*

We wish you peace, angels of the the Sovereign of sovereigns,
the Holy Blessed One.

Come to us in peace, angels of peace...

Bless us with peace, angels of peace...

Take your leave from us in peace, angels of peace...

Shabbat Blessing for Spouses

Contributed by [AJU Miller Intro to Judaism](#)

Source: A Guide to Shabbat at Home

Take a moment to turn to one another and offer words of love and appreciation. These blessings need not be restricted just to people who are married, they can be offered by and for any loving partner.

For a woman:

אִשֶּׁת חַיִּיל מִי יִמְצָא וְרַחֵק מִפְּנִינִים מִכָּרָה. בָּטַח בָּהּ לֵב בַּעֲלָהּ וְשָׁלַל לֹא יִחְסַר

פִּיהָ פְּתִיחַהּ בְּחָכְמָה וְתוֹרַת חֶסֶד עַל לְשׁוֹנָהּ. קָמוּ בָנֶיהָ וַיְאַשְׁרוּהָ בַּעֲלָהּ וַיְהַלְלָהּ. רַבּוֹת
בָּנוֹת עָשׂוּ חַיִּיל וְאַתְּ עָלִית עַל כָּלֵנָה

Eishet Chayil mi yimtza, v'rakhok mi'pninim michrah. Batakh bah lev ba'alah, v'shalal lo yekhsar. Piha pat'cha v'chochmah, v'torat chesed al l'shonah. Kamu vaneha v'ya'ashruhah, ba'alah vay'hal'lah. Rabot banot asu chayil, v'at alit al kulanah.

A woman of valor, who can find? Her worth is far beyond rubies. Her husband trusts in her, and lacks for nothing. Her lips are full of wisdom, her mouth with loving-kindness. Her children rise and bless her, her husband sings her praises: "Many women have done well, but you surpass them all!" (Proverbs 31)

For a man:

מִי הָאִישׁ הַחֶפֶץ חַיִּים אוֹהֵב יָמִים לְרֵאוֹת טוֹב נֹצֵר לְשׁוֹנָךְ מִרַע וְשֹׁפֵתִיךְ מִדַּבֵּר מִרְמָה
סוֹר מִרַע וְעֹשֶׂה טוֹב בִּקְשׁ שְׁלוֹם וְרֹדְפֵהוּ

Mi ha-ish, he-hafetz hayim, ohev yamim lir'ot tov? N'tzor l'shon'kha mei'ra, u'sfotecha mi-daber mirma. Sur mei'ra va'aseh tov, bakesh shalom v'rod'feihu

Who is the man who is eager for life, who hopes for long days of good fortune? He guards his tongue from speaking deceit, he turns from evil and does good, he desires peace and pursues it. (Psalm 34)

Shabbat Blessing for Children

Contributed by [AJU Miller Intro to Judaism](#)

Source: A Guide to Shabbat at Home

No matter what temper tantrum or adolescent rebellion marked the week that is past, we take a moment to place our hands on our children's heads and to offer them words of pure love.

The blessing for boys derives from Jacob's blessing to his grandsons, Ephraim and Menashe, who are the first pair of siblings in the Bible who love each other rather than fight each other. The blessing for girls invokes the memory of our four matriarchs – Sarah, Rebekah, Rachel, and Leah. The second part of the blessing – the Priestly Blessing – is the same for boys and girls and it comes from the Book of Numbers.

Place your hands on the head of the person you are blessing. Offer your blessing either aloud or silently. In addition to the traditional words, you may also wish to tell your child something that made you proud of them from the past week. Seal it with a kiss.

For daughters:

יְשִׁימֵךְ אֱלֹהִים כְּסָרָה רִבְקָה רַחֵל וְלֵאָה

Yesimeikh Elohim k'Sarah Rivka Rakhel v'Leah.

May God bless you like Sara, Rebekah, Rachel, and Leah.

For sons:

יְשִׁימֵךְ אֱלֹהִים כְּאֶפְרַיִם וּמְנַשֶּׁה

Yesimkha Elohim k'Efrayim vekhi'Menasheh.

May God bless you like Ephraim and Menasheh.

For all children, continue with:

בְּרַכְךָ יי וְיִשְׁמְרְךָ יְאָר יי פְּנֵי אֵלֶיךָ וְיִחַנְךָ יֵשׂא יי פְּנֵי אֵלֶיךָ וְיָשֵׂם לְךָ שְׁלוֹם

Y'varekhekha Adonai v'yishmerekha

Ya-er Adonai panav elekha vihuneka

Yisa Adonai panav elekha, v' yasem l'kha shalom.

May Adonai bless you and watch over you.
May Adonai's light shine on you and be gracious to you.
May Adonai smile on you and grant you peace.

BLESSING THE WINE

L'Hayim (L'Chaim)

Contributed by [AJU Miller Intro to Judaism](#)

Source: A Guide to Shabbat at Home

Toast - Kiddush for Friday Night

Contributed by [AJU Miller Intro to Judaism](#)

Source: A Guide to Shabbat at Home

We raise a glass and pronounce a toast to the Shabbat day, declaring it to be a celebration in remembrance of God's resting from the work of Creation and our Exodus from Egypt. Kiddush is made up of three parts – an opening paragraph drawn from the Book of Genesis, which recalls God's resting on the seventh day, a blessing over the wine (*borei pri ha-gafen*), and a blessing for the Shabbat day (*mikadeish ha-shabbat*). Fill a cup of wine or grape juice. Use a special Kiddush cup or the most beautiful cup you can. Hold the cup in the palm of your hand. All stand. Chant the three part blessing. Sip the wine, then pass the cup around the table for everyone to share.

The leader says: וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשְּׁשִׁי. וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם. וַיְכַלּוּ אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ כִּי בּוֹ שָׁבַת מְכָל מְלַאכְתּוֹ אֲשֶׁר בָּרָא עָשָׂה. *Vayehi erev vayehi voker, yom hashishi. Vayekhulu hashamayim v'ha-aretz v'khol tzeva-am. Vayekhal Elohim bayom hashvi'i melakhto asher asa, vayishbot bayom hashvi'i mikol melakhto asher asa. Vayevarekh Elohim et yom hashvi'i vayekadesh oto, ki vo shavat mikol melakhto asher bara Elohim la'asot.* And there was evening and there was morning-- the sixth day. The heavens and the earth and all they contain were completed. On the seventh day God completed the work. God ceased on the seventh day from all that had been done. Then God blessed the seventh day and called it holy because on it God ceased from the work of creation. (Genesis 1:31-2:3)

The leader calls out: סַבְרֵי חֲבֵרַי! *Savrei haverai* With your permission...

To which everyone responds: לְחַיִּים! *L'hayim!*

The leader begins and all join in: בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן. *Barukh ata Adonai Eloheinu melekh ha' olam borei peri hagafen.*

Barukh ata Adonai Eloheinu melekh ha' olam borei peri hagafen. Blessed are You, Adonai our God, Ruler of the universe, who creates the fruit of the vine.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ וְשָׁבַת קִדְּשׁוֹ בְּאַהֲבָה וּבְרִצּוֹן הִנְחִילָנוּ זְכוֹרֵנוּ לְמַעֲשֵׂה בְּרֵאשִׁית כִּי הוּא יוֹם תְּחִלָּה לְמַקְרָאֵי קִדְּשׁ זְכוֹר

לִיצִיאַת מִצְרַיִם כִּי בָנוּ בְחֶרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים וְשַׁבַּת קִדְּשָׁךְ בְּאַהֲבָה וּבְרָצוֹן
הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה יי, מִקְדִּישׁ הַשַּׁבָּת

*Barukh ata Adonai Eloheinu melekh ha'olam, asher kid'shanu bemitzvotav
veratza vanu, v'shabbat kodsho b'ahava uvratzon hinhilanu, zikaron lema'ase
vereshit. Ki hu yom t'hilah lemikra'ei kodesh, zekher litzi'at mitzrayim. Ki vanu
vaharta v'otanu kidashta mikol ha'amim, v'shabbat kodshekha b'ahava uvratzon
hinhaltanu. Barukh ata Adonai mekadeish hashabbat.* Blessed are You, Adonai
our God, Ruler of the universe, whose mitzvot add holiness to our lives, and who
offered us the gift of Your holy Shabbat, granted lovingly and gladly, a reminder
of Creation. It is the first among our sacred occasions, a recollection of the
Exodus from Egypt. You have chosen and sanctified us from among all peoples
by granting us Your holy Shabbat lovingly and gladly. Blessed are You, Adonai,
who makes Shabbat holy.

Everyone responds: אָמֵן *Amen*

Wash

Contributed by [AJU Miller Intro to Judaism](#)

Source: A Guide to Shabbat at Home

We wash our hands in the same way that the ancient priests would purify themselves before engaging in the Temple service. Since we no longer have a Temple, today our tables are our altars.

Wash your hands with water, pouring three times onto each hand, and recite the blessing. Maintain silence until everyone has finished washing, and are ready to break bread together. In place of speech, however, one is encouraged to sing.

וְצִוְנוּ עַל נְטִילַת יָדַיִם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh ata Adonai Eloheinu melekh ha'olam, asher kidshanu b'mitzvotav v'tzivanu al netilat yadayim. Blessed are You, Adonai our God, Ruler of the Universe, Whose mitzvot add holiness to our lives and Who has given us the mitzvah of washing hands.

Share - HaMotzi

Contributed by [AJU Miller Intro to Judaism](#).

Source: A Guide to Shabbat at Home

There is no more fundamentally human act than breaking bread together. On Shabbat we use two, complete loaves of rich, braided bread to symbolize abundance and blessing.

When setting the table, set two loaves of challah on plate, cover with a cloth, and place either a shaker of salt or container of honey nearby.

Remove the challah cover.

Touch the challah or touch someone who is touching the challah.

Bless together.

Tear or cut the challah into pieces. Dip it in salt (use honey instead if anyone present is within the first year of marriage).

Pass or throw (yes, throw!) the challah to each person at the table.

**בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמּוֹצֵיא לֶחֶם מִן הָאָרֶץ**

*Barukh ata Adonai Eloheinu melekh ha'olam,
hamotzi lechem min ha-aretz.*

Blessed are You, Adonai our God, Ruler of the universe,
Who brings forth bread from the earth.

Elie Wiesel Quote

Contributed by [AJU Miller Intro to Judaism](#)

Source: A Guide to Shabbat at Home

“ All the books I could write, and all the words I could use are nothing but pale reflections, if not pale substitutes, for those Shabbat songs that I shall never forget and that somehow still vibrate in me. ”

Elie Wiesel
A Niggun for Shabbat

Songs For Shabbat

Contributed by [AJU Miller Intro to Judaism](#)

Source: A Guide to Shabbat at Home

Mah Yafeh HaYom

מַה יָּפֵה הַיּוֹם. שַׁבַּת שְׁלוֹם

Ma yafeh ha-yom, shabbat shalom. (2x)

Shabbat, shabbat shalom. (3x)

Shabbat shalom

How beautiful is this day, a day of Shabbat peace!

Hinei Ma Tov

הִנֵּה מַה-טוֹב וּמַה-נְּעִים. שַׁבַּת אַחִים גַּם יַחַד

Hinei ma tov uma na-im Shevet achim gam yachad.

How good and pleasant it is when brothers and sisters dwell together in harmony. (Psalms 133:1)

Am Yisrael Chai

עוֹד אֲבִינוּ חַי עַם יִשְׂרָאֵל חַי

Am yisrael chai Od aveenu chai

The Jewish People lives on. Our ancestors live on in us.

Hava Nashira

הָבֵה נְשִׁירָה שִׁיר הַלְלוּיָהּ, Hava nashira Shir halleluyah Come let us sing a song of praise Halleluyah!

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כּוֹלָם סָאֵלָאם עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כּוֹלָם סָאֵלָאם! סָאֵלָאם! Od yavo shalom aleinu (x2) Od yavo

shalom aleinu v'al kulam. Salaam, aleinu v'al kol ha'olam! Salaam! Salaam! (2x)

Peace will still come to us, to us and everyone. Salaam! Peace for us and the whole world. Salaam. Salaam.