

Isaiah 58:13-14 (CJB)

*If you hold back your foot on Shabbat
from pursuing your own interests on my holy day;
if you call Shabbat a delight,
Adonai's holy day, worth honoring;
then honor it by not doing your usual things
or pursuing your interests or speaking about them.
If you do, you will find delight in Adonai —
I will make you ride on the heights of the land
and feed you with the heritage of your ancestor
Ya'akov (Jacob), for the mouth of Adonai has spoken.*

*See also Isaiah 56:2-7 which lists the blessings
for gentiles who honor the weekly Shabbat feast.*



Preparation

2 candles and 2 candlesticks

Wine or grape juice

Challah bread (substitute if necessary)

Special dinner

Priestly Blessing

(To conclude the ceremony. Numbers 6:24-26)

Y'varechecha Adonai v'yish'm'recha

Ya-er Adonai panav eilecha vichuneka

Yisa Adonai panav eilecha

v'yaseim l'cha shalom

The Lord bless you and keep you

The Lord make His face to shine upon you

and be gracious to you

The Lord turn His face toward you and grant you peace.

Shabbat Shalom!

Guide to Welcoming Shabbat

(Celebrated every Friday evening at sundown)

shalompeople.com

Blessing over the candles

*Baruch Atah Adonai
Eloheinu Melech ha-Olam
Asher kidd'shanu bidvaro
v'natan lanu et Yeshua M'shicheinu
v'tzivanu li'h'yot or l'olam*

Blessed are you Lord, our God, King of the universe,
who has sanctified us through Your Word,
given us Yeshua the Messiah,
and commanded us to be a light to the world.

Blessing over the wine

*Baruch Atah Adonai
Eloheinu Melech ha-Olam
borei p'ri ha'gafen*

Blessed are you, Lord our God, King of the universe
creator of the fruit of the vine.

Blessing over the bread

*Baruch Atah Adonai
Eloheinu Melech ha-Olam
ha-motzi lechem min ha'aretz*

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

Blessing over the wife

An accomplished woman who can find?
Her value is far beyond rubies.
Her husband's heart trusts in her,
and he lacks nothing valuable.
She brings him good and not harm all the days of her life.
(Proverbios 31:10-12)

Blessing over the husband

Halleluyah! Happy is the man who fears Adonai,
who delights greatly in His mitzvot (commandments).
His offspring will be mighty in the land.
The generation of the upright will be blessed.
Wealth and riches are in his house,
and his righteousness endures forever.
(Salmos 112:1-3)

Blessing over the children

For boys:
May God make you like Ephraim and Manasseh.
For girls:
May God make you like Sarah, Rebecca, Rachel and Lea.

Blessing over the parents

For Dad:
God bless my father, my teacher, the man of the home.
For Mom:
God bless my mother, my teacher, the woman of the home.