



Understanding Shabbat

A Biblical command for all people

What the Church Needs to Know
Jewish Roots 101



What is Shabbat?

Yeshua's teachings do not nullify the Torah's command to observe Shabbat but fulfill its spiritual depth.

Yeshua kept Shabbat (Luke 4:16), but He also taught about its purpose, emphasizing compassion and the freedom it brings (Mark 2:27-28).

Yeshua, as the Messiah, embodies the true rest and peace that Shabbat symbolizes—pointing to the deeper, eternal rest in Him.

Jewish communities observe Shabbat on the seventh day (Friday evening to Saturday evening.) This day is set aside for:

- **Rest:** No regular work is done, reflecting God's rest in creation.
- **Worship and Fellowship:** Many gather in synagogues or homes to pray, study the Scriptures, and worship God, often incorporating praise of Yeshua as the Messiah.
- **Family and Community:** Shabbat meals and blessings are an integral part of the day, with rituals such as lighting candles, blessing the bread (challah), and drinking wine. Prayers like the Kiddush (sanctifying Shabbat) and Birkat HaMazon (blessing after meals) are recited.

The Sabbath

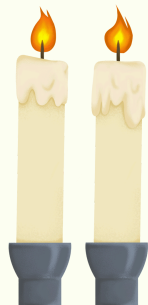
Exodus 31:12-17

Then the Lord said to Moses, “Say to the Israelites, ‘**You must observe my Sabbaths.** This will be a sign between me and you for the generations to come, so you may know that I am the Lord, who makes you holy.

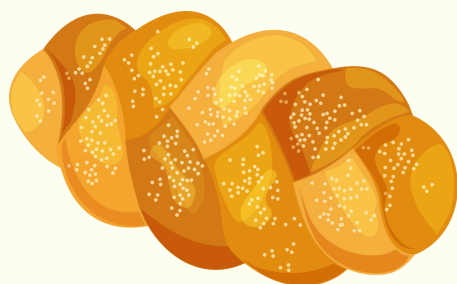
“Observe the Sabbath, because it is holy to you. Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people. For six days work is to be done, but the seventh day is a day of sabbath rest, holy to the Lord. Whoever does any work on the Sabbath day is to be put to death.

The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.”

Friday Night Shabbat Items



Two Candles



Challah (yeast bread)



Salt



Cup for Kiddush



Wine or Grape Juice

How to observe Shabbat

- Before sundown light two candles and recite this blessing:

Ba rook, a tah, Adonai
Blessed are you, Lord

Elo hay nu, mel ick, ha olam
our God, sovereign of the universe

asher key dish anoo beh mitz voh tav
Who has sanctified us with His commandments

vit zi vah nu, la had leek ner
and commanded us to light the lights

shel ,shabbat.
of Shabbat.

- Fill the Shabbat cup and have challah ready
- Read Genesis 1:31 - 2:3



- **Recite the Kaddush**

Ba rook, a tah, Adonai
Blessed are you, Lord

Elo hay nu, mel ick, ha olam
our God, sovereign of the universe

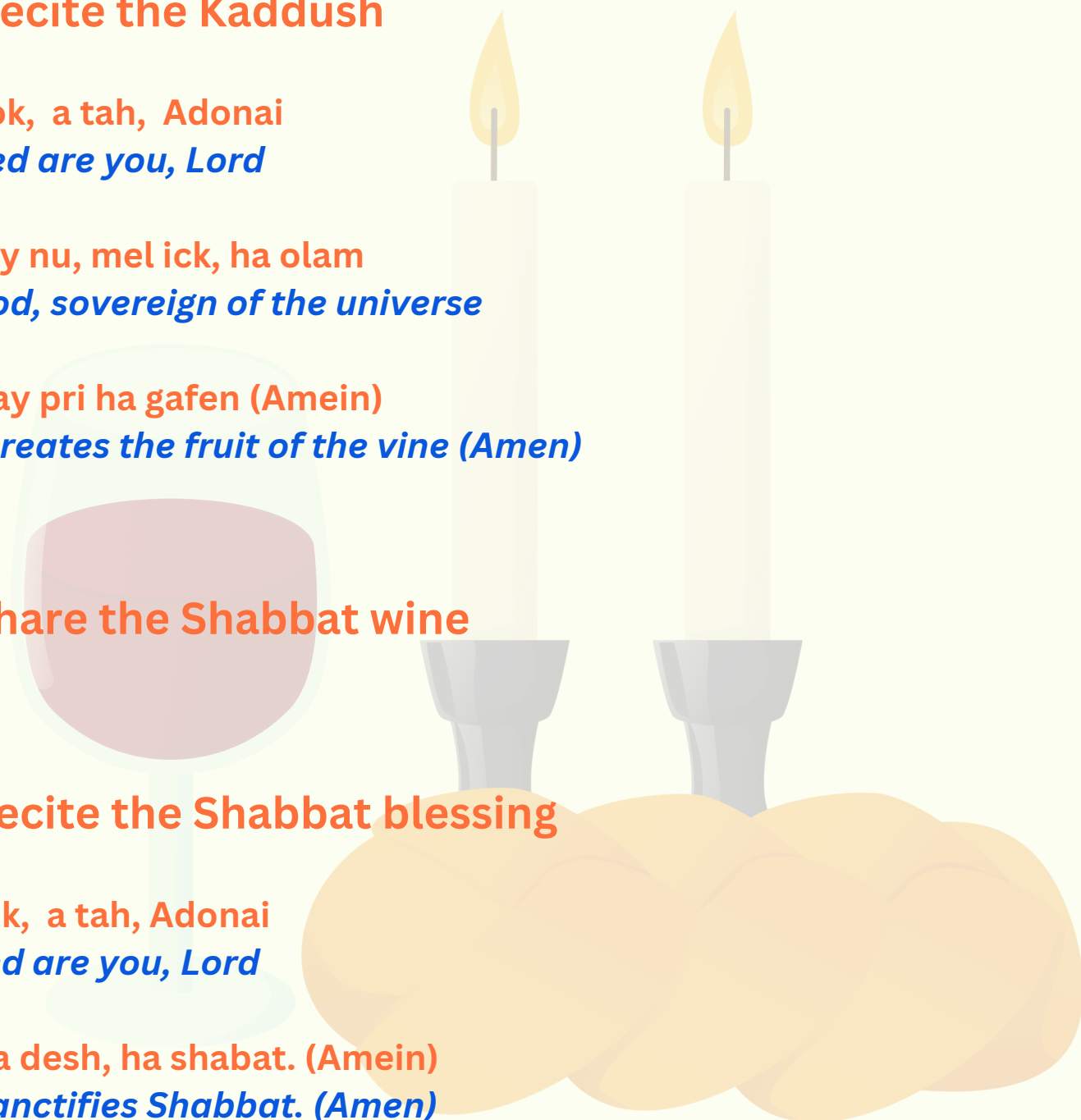
bow ray pri ha gafen (Amein)
Who creates the fruit of the vine (Amen)

- **Share the Shabbat wine**

- **Recite the Shabbat blessing**

Ba rook, a tah, Adonai
Blessed are you, Lord

mee ka desh, ha shabat. (Amein)
who sanctifies Shabbat. (Amen)



- Break the challah and recite this blessing a little salt on the bread.

Ba rook,a tah, Adonai
Blessed are you, Lord

Elo hay not, mel lick, ha olam
our G-d, King of the universe

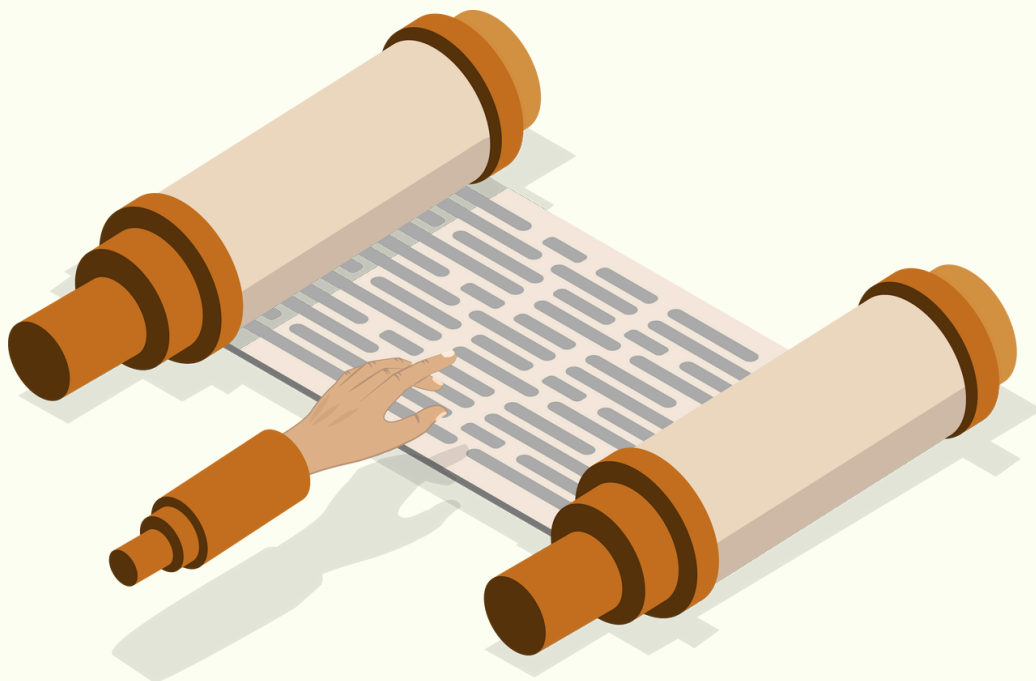
ha mot see, lek him
who brings forth bread

meen, ha aretz. (Amen).
from the earth. (Amen)



- Tear the bread into small pieces for everyone attending. Eat the bread together.

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- Tear the bread into small pieces for everyone attending. Eat the bread together.
 - Enjoy the evening meal.
 - The best method to observe the Saturday prayers is to find your nearest Jewish community and participate in their Sabbath services.



www.netivyahinternational.org/JewishRoots101

Visit for more resources on the Jewish Roots of Faith in Yeshua

