

and a pure heart, who does not lift up his soul to an idol or swear by what is false. He will receive a blessing from the LORD and righteousness from the God of his salvation” (Psalm 24:1-5).

Blessed are you, Lord our God, King of the universe, who cleanses us by your Holy Spirit.

Blessing Over the Bread—Father

(Uncovers the bread.) As we eat this bread, we remember God's miraculous provision of the double portion of manna in the desert. Jesus is the true bread from heaven that gives life to the world.

{As we eat this bread, we remember the twelve loaves of the Presence on the golden table in the Sanctuary—a symbol of the body of Messiah that gives eternal life.}

{As we eat this bread, we remember the two loaves brought before the Lord on the day of Pentecost—a symbol of the Body of Messiah: believers from the circumcision and believers from the uncircumcision, united into one by his body, given as a sacrifice for us.}

(Holds up the plate of bread and says:) Blessed are you, Lord our God, King of the universe, who brings forth bread from the earth. Blessed are you, Lord our God, King of the universe, who raised Messiah from the dead!

All

Amen. *(All eat a piece of bread.)*

Sabbath Song(s)

Meal

Thanks After the Meal

Sabbath Song(s)



WELCOMING THE SABBATH

The Biblical Day of Rest

Friday Evening

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קבלת שבת

WELCOMING THE SABBATH

The Sabbath is the Biblical day of rest celebrated by Jesus and the disciples. It begins on Friday evening at sunset. The Sabbath is a gift of God to man (Mark 2:27,28), a picture of the eternal Sabbath rest that believers in Jesus have in him (Heb. 4:9). Though Gentile Christians are not obligated to observe the Sabbath rest (Acts 15:10), they are free to observe and honor the Sabbath in any way they may choose (Rom. 14:5).

The following is a Messianic (Christian) version of the traditional Jewish observance. You may add to it or change it in any way you like. The parts of Mother and Father may be read by others if necessary. The readings in {} are optional additions, or may be substituted for the preceding section.

Preparation

*Bread (two unsliced loaves or rolls) on a Plate covered by a Napkin or Cloth
Grape Juice (or Wine mixed with Water) and Kiddush Cup (and/or Wineglasses)*

Two Candles

Mama's Veil (a cloth to cover her head during the candle lighting)

Bible

Dress up in nice clothes

Set table

Light the candles about twenty minutes before sunset on Friday

The rest of the service can follow any time that evening before the evening meal

Lighting the Shabbat Candles

Mother

(Places veil on her head. Then stands and says:) Sabbath lamps were being lit when Jesus was put in the tomb—a last act of work on the day of the Crucifixion. Because of his death, we have entered into his Sabbath rest. We light these candles as a symbol of our desire for the light of Messiah to shine in us and in our home.

{The lampstand of the Temple was a symbol of the presence of God. Today this symbol is fulfilled by the presence of the Holy Spirit in us—his spiritual Temple. We light these candles as a symbol of our desire for God to be present in us and in our home.}

(Additional prayers may be added. Lights candles. Then, with eyes closed or hands blocking the light of the candles, says:) Blessed are you, Lord our God, King of the universe, who has set us apart by your commandments and has illumined us with the light of the Messiah. *(Stretches out her hands toward the lights and looks at the light reflected on her hands.)*

Welcoming the Sabbath Service

Father

(Reads out loud:) “Remember the Sabbath day, to keep it holy. Six days you will labor and do all your work, but the seventh day is a Sabbath of the LORD your God; in it you will not do any work... For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the Sabbath day and made it holy” *(Exodus 20:8-11)*.

“Therefore, there remains a Sabbath observance for the people of God. For the one who has entered God's rest has himself also rested from his works, as God did from his. Let us therefore do our best to enter that rest, lest anyone fall as an example in the same way they did, through disobedience” *(Hebrews 4:9-11)*.

{“And by the seventh day God completed his work that he had done; and he rested on the seventh day from all his work that he had done. Then God blessed the seventh day and sanctified it, because in it he rested from all his work that God had created and made” *(Genesis 2:2-3)*.}

{“If because of the Sabbath, you turn your foot from doing your own pleasure on my holy day, and call the Sabbath a delight, the holy day of the LORD honorable, and will honor it, desisting from your own ways, from seeking your own pleasure, and speaking your own word, then you will take delight in the LORD, and I will make you ride on the heights of the earth; and I will feed you with the heritage of Jacob your father, for the mouth of the LORD has spoken” *(Isaiah 58:13-14)*.}

{“The Sabbath came into being because of man, and not man because of the Sabbath. Therefore, the Son of Man is also Lord of the Sabbath” *(Mark 2:27-28)*.}

{*(Read Psalm 92 and/or Psalm 93.)*}

We welcome this Sabbath as a reminder of the eternal Sabbath rest we have in Messiah—ceasing from our own works and taking delight in the Lord.

All

(Greet each other by saying:) Sabbath peace. *(In Hebrew: “Shabbat Shalom.”)*

Sabbath Song(s)

(Any appropriate songs may be sung.)

Blessing of the Children—Father and Mother

(Father and Mother lay both hands on each son's head in turn and say:) May God make you like Ephraim and Manasseh, and the apostles of Messiah.

(Father and Mother lay hands on each daughter:) May God make you like Sarah, Rebekah, Rachel, and Leah, and all the faithful women who serve the Messiah.

(Each time either of the above is said, they add:) “The LORD bless you and keep you, the LORD make his face shine on you and be gracious to you, the LORD lift up his countenance on you and give you peace” *(Numbers 6:24-26)*.

Blessing of the Mother

(Father reads Proverbs 31:10-31.)

Blessing Over the Cup—Father

(Pours juice into the cups, then says:) As we drink this cup, we remember the abundance of God's creation and all the blessings he has provided for us. We also remember his most important blessing: the blood of Jesus, which is the blood of our New Covenant with God, poured out for many for forgiveness of sins.

{As we drink this cup, we remember the drink offerings poured out before God in the Temple. In the same way, Jesus poured out his life for us, that we might have life, and have it abundantly.}

(Holds up his cup.) Blessed are you, Lord our God, King of the universe, Creator of the fruit of the vine. Blessed are you, Lord our God, King of the universe, who has set us apart by your commandments, and has given us your Holy Sabbath as a memorial of the Creation. Blessed are you, Lord, who makes us—and who makes the Sabbath—holy.

All

Amen. *(All pick up their cups and drink.)*

(All read together:) “The earth is the LORD's, and all it contains, the world, and those who dwell in it. For he has founded it upon the seas, and established it upon the rivers. Who may ascend into the hill of the LORD? And who may stand in his Holy Place? He who has clean hands