

You shall surely observe My Shabbat; for this is a sign between Me and you throughout your generations, that you may know that I am YHVH who sanctifies you. Therefore you are to observe the Shabbat, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. For six days work may be done, but on the seventh day there is a Shabbat of complete rest, holy to YHVH; whoever does any work on the Shabbat day shall surely be put to death. So the sons of Israel shall observe the Shabbat, to celebrate the Shabbat throughout their generations as a perpetual covenant. It is a sign between Me and the sons of Israel forever; for in six days YHVH made heaven and earth, but on the seventh day He ceased from labor, and was refreshed.”



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ered SHABBAT

Exodus 31:12-17

Blessing Going Out and Coming In:

And it came to pass, when the ark set forward, that Moses said, **“Rise up, YHVH, and let your enemies be scattered; and let those that hate You flee before You.”** And when it rested, he said, **“Return, O YHVH, unto the many thousands of Israel.”** *Numbers 10:35-36*

Shabbat Kiddush (Shabbat Separation)

Barukh atah Adonai, Elohaynu, melekh ha-olam, asher kid’shanu b’torah, dabar l’halacha b’Yeshua, v’tzivanu l’kadesh ha Shabbat. Amein

Blessed are You, YHVH, our Elohim, King of the Universe,
Who sanctifies us with His Torah, reveals for us to walk It out in Yeshua,
and commands us to sanctify the Shabbat. Amen

Shema:

Sh'ma Yisrael Adonai Elohaynu Adonai Echad.

Hear O Israel! YHVH is our ELOHIM, YHVH is one!

And you shall love YHVH your ELOHIM with all your heart and with all your soul and with all your might. These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. You shall bind them as a sign on your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates. *Deuteronomy 4:6-9*

This is the great and foremost commandment. The second is like it, **You shall love your neighbor as yourself.** On these two commandments depend the whole Law and the Prophets. *Matthew 22:37-40*

Blessing the Wine:

Baruch atah Adonai, Elohaynu Melek ha olam, boray pre hagafen. Amein

I lift up the cup of Salvation. Whoever drinks of My blood has eternal life and I will raise him up on the last day, My blood is true drink.

**Blessed are you, YHVH our Elohim, King of the universe,
Who creates the fruit of the Vine. Amem — l’Chaim! (to Life!)**

Blessing For The Women (Men Read)

An excellent wife, who can find? For her worth is far above jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good and not evil all the days of her life. She looks for wool and flax and works with her hands in delight. She is like merchant ships; she brings her food from afar. She rises also while it is still night and gives food to her household and portions to her maidens. She considers a field and buys it; from her earnings she plants a vineyard. She girds herself with strength and makes her arms strong. She senses that her gain is good; her lamp does not go out at night. She stretches out her hands to the distaff, and her hands grasp the spindle. She extends her hand to the poor, and she stretches out her hands to the needy. She is not afraid of the snow for her household, for

all her household are clothed with scarlet. She makes coverings for herself; her clothing is fine linen and purple. Her husband is known in the gates, when he sits among the elders of the land. She makes linen garments and sells them, and supplies belts to the tradesmen. Strength and dignity are her clothing, and she smiles at the future. She opens her mouth in wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness.

Her children rise up and bless her; her husband also, and he praises her, saying: "Many daughters have done nobly, but you excel them all." Charm is deceitful and beauty is vain, but a woman who fears the YHVH, she shall be praised. Give her the product of her hands, and let her works praise her in the gates.

Proverbs 31:10-31

Blessing Over The Children

Elohim, before whom my fathers Abraham and Isaac walked, Elohim who has been my Shepherd all my life to this day, the Angel who has redeemed me from all evil, bless these children; and may His [my] name live on in them, and the names of my fathers Abraham and Isaac; and may they grow into a multitude in the midst of the earth.

YHVH make you as Ephraim and as Manasseh.

Genesis 48 15-20

Blessing For The Men (Women Read)

Now it shall be, if you diligently obey YHVH your Elohim, being careful to do all His commandments which I command you today, YHVH your Elohim will set you high above all the nations of the earth. All these blessings will come upon you and overtake you if you obey YHVH your Elohim: Blessed shall you be in the city, and blessed shall you be in the country. Blessed shall be the offspring of your body and the produce of your ground and the offspring of your beasts, the increase of your herd and the young of your flock. Blessed shall be your basket and your kneading bowl. Blessed shall you be when you come in, and blessed shall you be when you go out. YHVH shall cause your enemies who rise up against you to be defeated before you; they will come out against you one way and will flee before you seven ways. YHVH will command the blessing upon you in your barns and in all that you put your hand to, and He will bless you in the land which YHVH your Elohim gives you. YHVH will establish you as a holy people to Himself, as He swore to you, if you keep the commandments of YHVH your Elohim and walk in His ways. So all the peoples of the earth will see that you are called by the name of YHVH, and they will be afraid of you. YHVH will make you abound in prosperity, in the offspring of your body and in the offspring of your beast and in the produce of your ground, in the land which YHVH swore to your fathers to give you. YHVH will open for you His good storehouse, the heavens, to give rain to your land in its season and to bless all the work of your hand; and you shall lend to many nations, but you shall not borrow. YHVH will make you the head and not the tail, and you only will be above, and you will not be underneath, if you listen to the commandments of YHVH your Elohim, which I charge you today, to observe them carefully, and do not turn aside from any of the words which I command you today, to the right or to the left, to go after other elohims to serve them. *Deuteronomy 28:1-14*

Prayer for Peace of Jerusalem and Blessing Israel

I will lift up my eyes to the mountains; from where shall my help come? My help comes from YHVH, Who made heaven and earth. He will not allow your foot to slip; He who keeps you will not slumber. Behold, He who keeps Israel will neither slumber nor sleep.

YHVH is my keeper; YHVH is the shade on my right hand. The sun will not smite me by day, nor the moon by night. YHVH will protect me from all evil; He will keep my soul. YHVH will guard my going out and my coming in from this time forth and forever.

I was glad when they said to me, **“Let us go to the house of YHVH.”** Our feet are standing within your gates, O Jerusalem, Jerusalem, that is built as a city that is compact together; to which the tribes go up, even the tribes of YHVH—An ordinance for Israel—to give thanks to the name of YHVH. For there thrones were set for judgment, the thrones of the house of David.

Pray for the peace of Jerusalem: **“May they prosper who love you. May peace be within your walls, and prosperity within your palaces.”** For the sake of my brothers and my friends, I will now say, **“May peace be within you.”** **For the sake of the house of YHVH our Elohim, I will seek your good.**

Psalms 121-122

Blessing the Challah (Bread):

Baruch Atah Adonai, Elohaynu Melek ha olam, hamotze lechem meen ha erez. Amein

He said, “I am the living bread that came down from Heaven, I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst.

**Blessed are you, YHVH our Elohim, King of the universe,
Who brings forth the Bread from the earth. Amen**

At the end of the evening:

Blessing Going Out and Coming In:

And it came to pass, when the ark set forward, that Moses said, **“Rise up, YHVH, and let your enemies be scattered; and let those that hate You flee before You.”** And when it rested, he said, **“Return, O YHVH, unto the many thousands of Israel.”**

Numbers 10:35-36

Aaronic Blessing / Our Prayer for Each Other and for Jerusalem:

Adonai bless you, and keep you; Adonai make His face shine upon you; and be gracious unto you; Adonai lift up His countenance upon you, and give you peace.