

Jewish Sabbath Example:

The Jewish Sabbath begins at 6:00 p.m. on Friday evening and concludes at 6:00 p.m. on Saturday evening, a period of twenty-four hours. For devout Jews, this is a complete time of rest from work and includes three meals and family time. A normal Jewish Sabbath proceeds as follows:

1. The woman lights two candles to welcome the Sabbath, done, in some communities, together as a family.
2. A blessing is recited over the candles.
3. The family arrives and sits down for the meal, perhaps singing a song, "Peace to You."
4. The father then lays hands on his children and blesses them or embraces them.
5. The husband honors his wife by reading to her of the virtuous woman from Proverbs 31.
6. The blessing over the wine or grape juice, called the Shabbat Kiddush, is said (Sabbath sanctification).
7. There is a blessing said over the bread.
8. Once the sun has set, from 6:00 p.m. Friday to 6:00 p.m. Saturday, it is common to greet one another with Shabbat Shalom, or Sabbath peace.

Pastor Corey