



“If you turn away your foot from the Sabbath, from doing your pleasure on My holy day, and call the Sabbath a delight, The holy day of the Lord honorable, and shall honor Him, not doing your own ways, nor finding your own pleasure, nor speaking your own words, Then you shall delight yourself in the Lord; and I will cause you to ride on the high hills of the earth, and feed you with the heritage of Jacob your father. The mouth of the Lord has spoken.”

Isaiah 58:13-14

“Observe the Shabbath day, to keep it holy, as the Lord your God (YHVH) commanded you.”

Deuteronomy 5:12

ENTERING THE REST OF SHABBAT

And it shall come to pass that from One New Moon to another, and from One Sabbath to another all flesh shall come to worship before Me, “says the Lord.” Isaiah 66:23

Most Christians in the world think that Shabbat only has to do with the Jewish people and that it is nothing more than a legalistic tradition.

Nothing could be further from the truth, for as we study the Word of God, we come to understand that Shabbat was a day set-apart by God in Genesis 2:2 and God Himself rested on the seventh day.

“Thus the heavens and the earth, and all the host of them were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day and sanctified it, because in it He rested from all His work which God had created and made. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which He had done.” Genesis 2:1-3

Shabbat was created long before the Law or Commandments was given to Moses on Mount Sinai. Shabbat has its origin in creation, for God himself rested on Shabbat from His work. Shabbat in Hebrew means, intermission, is derived from a root meaning to “cease, to rest or be still, to leave, to rid, to put or take away. It is related to the word “shevet” in Hebrew the root meaning to sit down, dwell, remain, abide, wait upon, and endure. It is God’s desire for us to cease from work and meet with God on Shabbat. Yeshua (Jesus) is Lord of Shabbat. Living in the rest of Shabbat then becomes a life lived out of faith that will flow over into every other day of our week. Shabbat is really about enjoying fellowship with Our Creator and enjoying the presence of Yeshua, as we cease from our own works, realizing that our rest in Shabbat has been brought through the blood of Yeshua, He paid the price for us and made us righteous before God.

“For by grace you have been saved through faith, and that not of yourselves, it is the gift of God, not of works, lest anyone should boast.” Ephesians 2:8-9

So it is evident then that God wants us to rest in Him, in fellowship with Him and enjoy Him and what He has created, in Shabbat.

Shabbat represents the connection of Earth with Heaven. God pronounced a blessing on those keeping His ordinances and so we are blessed if we keep Shabbat. We should keep Shabbat, not religiously, for we are not under the law, but under grace, yet we keep it, because God created Shabbat for man, and not man for the Sabbath.

“And He said to them, “The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath.” Mark 2:27

Shabbat in Yeshua (Jesus) and the New Covenant is not something legalistic, it is about entering and enjoying the rest and the presence of Yeshua, the Lord of Shabbat. Jesus said: *“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.” Matthew 11:28-29*

SHABBAT IS MEETING WITH GOD

We can see Shabbat as a doorway that God created for us to enter from our physical work into a spiritual domain or doorway, from the 6th day into the 7th day (Shabbat), for God blessed and sanctified Shabbat. And we in Shabbat testify and give glory to God for the everything that He created and made and we worship Him in it. If we disregard Shabbat and keep it as any other day, we will not be able to enter into this spiritual domain, as set apart by God. God created it for our benefit.

We choose to keep the Shabbat, and thus sets it "apart" from every other day and this testifies to the world that we honor and serve God.

Exodus 31:13 – "Speak also to the children of Israel, saying: Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you."

Shabbat is one of the six feast unto the Lord, where the other feasts, Passover (Pesah), Pentecost (Shavout), Day of the Awakening Blast (Yom Terrurah) or Rosh HaShanna and Tabernacles (Sukkot), are kept once a year, Shabbat is kept once a week. In all these feasts we see God's plan for redemption in and through Yeshua (Jesus) for all eternity, being reconciled to Him. Shabbat is a picture of marriage, God's marriage to His Bride, where the Bridegroom will have fully found His resting place with His Bride.

Yeshua is the Lord of Shabbat, because of His Blood. He is the Lord of our rest not only on Shabbat but also during everyday of our week. Shabbat points to the outpouring of the Holy Spirit on Pentecost where God released His Kingdom authority on all who believes. Shabbat is a place of our eternal dwelling with God.

Leviticus 16:31, "It is a Sabbath of rest, and you must deny yourselves, it is a lasting ordinance."

Acts 3:19-21 says: "Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord, and that He may send Jesus Christ, who was preached to you."



SHABBAT THE FEAST OF THE LORD

And the Lord spoke to Moses, saying, "Speak to the children of Israel, and say to them: "The feasts of the Lord, which you shall proclaim to be holy convocations, these are My feasts. Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do not work on it; it is the Sabbath of the Lord in all your dwelling." Leviticus 1-3

Jesus himself kept the Shabbat, as did the patriarchs & the early church in Acts. Yeshua, Himself being Lord of Shabbat, taught that Shabbat was not a set of man made rules, as many of the Israelites added man made rules & regulations to it. We need Holy Spirit to teach, so that we can hear and see how Yeshua wants us to keep Shabbat. (Mark 2: 23-28)

Acts 13:26 – "Men and brethren, sons of the family of Abraham, and those among you who fear God, to you the word of this salvation has been sent. For those who dwell in Jerusalem, and their rulers, because they did not know Him, nor even the voices of the Prophets which are read every Sabbath, have fulfilled them in condemning Him."

SHABBAT: WHY ON SATURDAY & NOT SUNDAY?

God determined the day to begin in the evening according to *Genesis 1:5 – "God called the light Day, and the darkness He called Night. So the evening and the morning was the first day."*

The first day of the week begins on Saturday evening after sunset, for that is the start of the day. This has been changed through man made doctrine which originated in Catholic church. The pope declared Sunday to be a holy day and not as God originally intended it to be.

Acts 20:7 – "Now on the first day of the week, when the disciples came together to break bread, Paul, ready to depart the next day spoke to them and continued his message until midnight."

SHABBAT SYMBOLISM

The Jews celebrate Shabbat in the following manner:

On Friday (which is also known as the day of Preparation) the house is cleaned and everything done to prepare for Friday evening. The family dresses their best and the table is set with a white table cloth over it and the best china.

The husband, as the head of the house, usually buys his wife a bunch of flowers, as they see this day also as a weekly renewal of their covenant relationship.

THE CANDLES



The candles signify Yeshua being the light of the world. *John 1:4 "In Him was life, and the life was the light of men. The light shines in the darkness, and the darkness did not comprehend it."*

Our light as Yeshua's disciples (talmidim), burning bright for all to see. *Matthew 5:14 "You are the light of the world. A city that is set on a hill cannot be hidden."*

And a reminder that God is the everlasting light in the Temple. *Revelations 21:22 "But I saw no temple in it, for the Lord God Almighty and the Lamb are its temple."*

The wife would light the candles on Shabbat, just before sunset. It is usually the custom to light two white candles which signifies the two biblical references to Shabbat.

- 1) *Exodus 20:8 "Remember the Sabbath day, to keep it holy."*
- 2) *Deuteronomy 5:12 "Observe the Sabbath day, to keep it holy, as the Lord your God commanded you."*

The white candles signify the Holiness of God. The candles also serve to remind us of the Spiritual dimension of Shabbat, God being present with us.

As the woman lights the candles she recites the following blessing or Kiddush

Blessing over Candles

ברוך אתה יי אלהינו מלך העולם

Barukh atah Adonai, Eloheinu, melekh ha'olam
Blessed are you, Lord, our God, sovereign of the universe

אשר קדשנו במצותיו וצונו

asher kidishanu b'mitz'votav v'tzivanu
Who has sanctified us with His commandments and commanded us

לתדליק נר של שבת: (אמן)

l'had'lik neir shel Shabbat. (Amein)
to light the lights of Shabbat. (Amen)

THE WINE



Wine is a symbol in Jewish tradition of God's love for His people (the vineyard). Now through Yeshua, we have been grafted into the Jewish nation and God has made us one new man in Yeshua, and so we become partakers of the same blessings with which God blessed them. The wine symbolizes God's blessings for us and over us and that He desires to bless us and see us becoming fruitful.

The father takes the cup filled with wine and pronounces the following blessing over the wine:

נִיְחִי עֶרֶב וַיְחִי בֹקֶר יוֹם שֵׁשִׁי

Vay'hi erev vay'hi voker yom hashishi

And there was evening and there was morning, a sixth day

וַיִּכְלֹוּ מַשְׁמַיִם וְתַאֲרָץ וְכָל צְבָאָם

vay'khulu hashamayim v'ha'aretz v'chol tz'va'am

The heavens and the earth were finished, the whole host of them

וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה

vay'khal elohim bayom hash'vi'i m'la'kh'to asher asah

And on the seventh day God completed his work that he had done

וַיִּשְׁבֹּת בַּיּוֹם תַּשְׁבִּיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה

vayish'bot bayom hash'vi'i mikol m'la'kh'to asher asah

and he rested on the seventh day from all his work that he had done

וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם תַּשְׁבִּיעִי בִּיקְדָשׁ אֹתוֹ

Vay'varekh Elohim et yom hash'vi'i vay'kadeish oto

And God blessed the seventh day, and sanctified it

כִּי בּו שְׁבַת מִכָּל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת

ki vo shavat mikol m'la'kh'to asher bara Elohim la'asot

because in it he had rested from all his work that God had created to do

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הַעוֹלָם

Barukh atah Adonai, Eloheinu, melekh ha-olam

Blessed are you, Lord, our God, sovereign of the universe

(if using wine or grape juice)

בוֹרֵא פְרֵי הַגָּפֶן (אָמֵן)

borei p'ri hagafen (Amein)

Who creates the fruit of the vine (Amen)

(if using other liquids)

שֶׁחָפַל קִוְיָהּ בְּדַבָּרוֹ (אָמֵן)

shehakol nih'yeh bid'varo (Amein)

Who made all things exist through His word (Amen)

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הַעוֹלָם

Barukh atah Adonai, Eloheinu, melekh ha-olam
Blessed are You, Lord, our God, King of the Universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וּרְצָח בְּנוֹ

asher kid'shanu b'mitz'votav v'ratzah vanu

who sanctifies us with his commandments, and has been pleased with us

וְשַׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרִצּוֹן הִתְחַלְּנוּ זִכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית

v'shabat kad'sho b'ahavah uv'ratzon hin'chilanu zikaron l'ma'aseih v'rei'shit

You have lovingly and willingly given us Your holy Shabbat as an inheritance, in memory of creation

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ זָכָר לִיְצִיאַת מִצְרַיִם

ki hu yom t'chilah l'mik'ra'ei kodesh zeikher litzit'at Mitz'rayim

because it is the first day of our holy assemblies, in memory of the exodus from Egypt

כִּי בְנוּ בְּתַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הַעַמִּים

ki vanu vachar'ta v'otanu kidash'ta mikol ha'amim

because You have chosen us and made us holy from all peoples

וְשַׁבַּת קִדְּשֶׁךָ בְּאַהֲבָה וּבְרִצּוֹן הִתְחַלְּתָנוּ

v'shabat kad'sh'kha b'ahavah uv'ratzon hin'chal'tanu

and have willingly and lovingly given us Your holy Shabbat for an inheritance

בְּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ תְּשַׁבַּת (אָמֵן)

Barukh atah Adonai m'kadeish hashabat (Amein).

Blessed are You, who sanctifies Shabbat (Amen)

THE WASHING OF HANDS

After the Father pronounced the blessing over the wine and before the meal, every person in the household should wash their hands by pouring water in a cup and pouring it over the top and bottom of the right hand.

Before wiping their hands the Jews recite the following blessing:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh atah Adonai, Eloheinu, melekh ha-olam

Blessed are You, Lord, our God, King of the Universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

asher kidishanu b'mitz'votav v'tzivanu

Who has sanctified us with His commandments and commanded us

עַל נְשִׁילַת יָדַיִם

al n'tilat yadayim.

concerning washing of hands

CHALLAH (BREAD), SALT & CHALLAH COVER



When everyone is seated at the table and the challah cover is removed, the two Challah loaves are lifted and the father pronounces the Hamotzi blessing.

ברוך אתה יי אלהינו מלך העולם

Barukh atah Adonai, Eloheinu, melekh ha-olam

Blessed are You, Lord, our God, King of the Universe

תמוציא לחם מן הארץ (אמן)

hamotzi lechem min ha'aretz. (Amein).

who brings forth bread from the earth. (Amen)

Challah is bread made with honey as a key ingredient which signifies the blessings of God that is sweet to us and just at the right time, in the right amount and always refreshes and fulfills us.

Through Yeshua we have inherited God's eternal blessings and Yeshua is our true bread of life. *John 6:48-49: "I am the bread of life. Your fathers ate the manna in the wilderness, and are dead. This is the bread which comes down from heaven that one may eat of it and not die. I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world."*

As we eat the bread and drink of the wine during Shabbat, we also partake in communion with God.

John 6:53 "Then Jesus said to them, "Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. For

My flesh is food indeed, and My blood is drink indeed. He who eats My flesh and drinks My blood abides in Me, and I in him.”

SALT

The salt signifies us become the “salt” of the world.

Matthew 5:13 “You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men.”

Mark 9:50 “Salt is good, but if the salt loses its flavor, how will you season it? Have salt in yourselves, and have peace with one another.”

WHY A CHALLAH COVER

It reminded the Israelites of the layer of dew that God rested over the manna to keep it fresh.

This covering, we can see in a spiritual sense as the Holy Spirit that was sent when Yeshua ascended and was poured out on the Day of Pentecost, thus God, Himself covering us or tenting over us through the indwelling of His Spirit, Holy Spirit or Ruach HaKodesh.

Acts 2:1 “Now when the Day of Pentecost had fully come, they were all with one accord in one place. And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting. Then there appeared to them divided tongues, as of fire, and one sat upon each of them. And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.”

Acts 2:17 “And it shall come to pass in the last days, says God, that I will pour out of My Spirit on all flesh.”

BLESSING OF THE CHILDREN

Shabbat is a time of blessing, not only are we blessed by God in Shabbat, but we also bless each other in our families. The father and mother can partake in blessing of the

children, although it is usually in Jewish custom, the father, as the priest of the house, to pronounce a blessing over the children.

Just as the father pronounce a blessing, so God has blessed us with every spiritual blessing in His Son, Yeshua.

Ephesians 1:3 "Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ."

Galatians 3:14 "that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith."

יְשִׁמְעָה אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה:

Y'simecha Elohim k'Efra-yim v'ki-Mena-sheh.

יְשִׁמְעָה אֱלֹהִים כְּשָׂרָה רַבֵּקָה רָחֵל וְלֵאָה:

May God bless you as He blessed the sons of Joseph - Ephraim and Manasseh.

Y'simeych Elohim K'Sara, Rivka, Rach'el v'Leya.

May God bless you as He blessed Sarah, Rebecca, Rachel and Leah.

THE THREEFOLD / THE AARONIC BLESSING

**יְבָרֵךְ יי וְיִשְׁמְרֶךָ:
יָאֵר יי פָּנָיו אֵלֶיךָ וְיַחַנְךָ:
יֵשֵׂא יי פָּנָיו אֵלֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם:**

Y'va-rech'ha Adonai v'yish-m'recha
Ya-eyr Adonai panav eyle-cha vichu-necha

Yi'sa Adonai panav eyle-cha v'ya-seym lecha shalom
May the Lord bless you and protect you.
May the Lord show you kindness and be
gracious to you.
May the Lord bestow favor upon you and
grant you peace.

May the Lord bless you, as you honor Him in keeping His
commandments in Yeshua Hamasciah, Our Lord & King, and I pray
that the Holy Spirit will take you into a deeper dimension of His
Shabbat rest.

May His Shalom be upon you.

*(To those of you who are interested in a teaching in Afrikaans about
the subject of Shabbat, please visit our web-store to purchase the CD
titled Shabbat Shalom by Retha McPherson.)*

