

Sabbath Prayers

Candle Lighting: 18 minutes before sunset

Light the candles, then block the light with your hands and say the blessing. After reciting the blessing, look briefly at the lights.

Lighting Candle (Say blessing with eyes covered with your hand):

Blessed are you, O LORD our God, King of the universe, who has sanctified us with his commandments. May it be your will that our holy Master's light would shine throughout all worlds.

Open eyes and say the family blessing now:

May it be your will, O LORD, my God and God of my fathers, that you be gracious to me (my husband, my sons, my daughters, my father, my mother,) and all my extended family. Give to us and to all Israel a good, long life. Remember us by bringing goodness and blessing. Take note of us by bringing salvation and compassion. Bless us with great blessings and make our homes complete. Let your Dwelling Presence abide in our midst. Permit me the honor of raising wise children and grandchildren who love the LORD, who fear God, who are people of truth, holy offspring, who cling to the LORD and illuminate the world with Torah and good deeds and through all their labor in service of the Creator. Please hear my request at this time in the merit of our mothers Sarah, Rebekah, Rachel, and Leah, and make our lamps burn so brightly that they will never be extinguished. Make your face shine, and we will be saved. Amen.

There are special prayers that the men will say before the sun goes down. This is called "Erev Shabbat" which means the day before the Sabbath or a.k.a. Sabbath Eve. Contact me for info if you want these prayers.

We have songs that we play before we do Kiddush, such as Joshua Aaron's song: <https://youtu.be/IlwCDYW0EQ4> and FFOZ has traditional songs too. We like Shalom Aleichem (welcoming the angels): <https://tv.ffoz.org/sabbath-table-melodies/shalom-aleichem-1.html#7936>

Kiddush & Blessing Bread for Sabbath

When the sun goes down

The Blessing of wine (or juice): Quietly hold the cup of wine/juice

And there was evening and there was morning. The sixth day. Heaven and earth were completed and their entire legion. On the seventh day, God finished his work that he had done, and on the seventh day he ceased from all his work that he had done. God blessed the seventh day and sanctified it because on it he ceased from all his work that God created to make.

With your permission – We thank you our Father, the holy vine of your servant David that you made known to us through your servant Yeshua. Yours is the glory forever.

Blessed are you O LORD, our God, King of the universe, who creates the fruit of the vine.

O LORD of Legions, God of Israel, you created the world by your word, and you separated a Sabbath as a memorial; for on it you ceased from your work in order to meditate on the words of your Torah. For the Sabbath is a rest from creation, a completion of the world, a seeking of words of Torah, an expression of praise to God, to thank him for what he has given to mankind. Blessed are you, O LORD who sanctifies the Sabbath.

Then drink the wine/juice.

Blessing for Bread: Lift the loaves of bread

We thank you, our Father, for the life and for the knowledge that you made known to us through your servant Yeshua. Yours is the glory forever.

Just as this piece of bread was scattered over the mountains and gathered together, so may your assembly be gathered from the ends of the earth into your kingdom. For yours is the glory and the power through Yeshua forever.

Blessed are you, O LORD our God, King of the universe, who brings bread of the earth. Sprinkle salt over the bread. (Share and eat the bread).

Enjoy a wonderful meal with friends and family and talk about what you learned this week in Torah! Here is a list of the [Torah portions](#), and some great [weekly videos](#) on each one.