

# **Welcoming the Sabbath**

**a liturgy for**

**Erev Shabbat**

## Lighting the Sabbath Candles

*The woman of the house (or any adult woman present) acts out the part of Moses who received the Torah on Mt. Sinai. She covers her head even as Moses was covered with a veil when he descended the mountain. After lighting the candles, she encircles them with her hands, drawing (as it were) the light to her eyes. This symbolizes Moses' request to see God's glory. Then she covers her eyes with her hands, again symbolizing God's response to Moses' request, that one cannot see the face of God and live. She then recites the blessing:*

**Mother:** Blessed are You, Lord, Our God, King of the Universe. Who sanctified us with His commandments and commanded us to sanctify the Sabbath.

**Father:** Blessed are You, Lord, Our God, King of the universe, Who sanctified us by His Son and sanctifies us with His commandments.

**All:** *In Yeshua was life and the life was the light of men. The light shines in the darkness, and the darkness did not comprehend it.*

**Mother:** Send out Your light and Your truth; let them lead us; let them bring us to Your holy hill and to Your dwelling! (Psalm 43:3)

**All:** *Your word is a lamp to my feet and a light to my path.* (Psalm 119:105)

**Mother:** You are the light of the world.... let your light shine before others so that they may see your good works, and glorify your Father who is in heaven." (Matthew 5:14-16)

**Father:** Source of mercy, continue Your loving care for us and our loved ones. Give us strength to walk in Your presence on the paths of the righteous, loyal to Your Torah, steadfast in goodness.

**All:** *Keep far from us all shame, grief, and anguish; fill our homes with peace, light and joy. O God, fountain of life, by Your Light do we see light.*

**Father:** Come, let us praise the Lord; let our voices ring out to our Sheltering Rock.

**All:** *Let us approach Him with thanksgiving, our voices lifted in praise.*

**Father:** For the Lord is a great God, a Ruler high above the idols of every age.

**All:** *In His hands are the depths of the Earth; His are the mountain-peaks.*

**Father:** He made the sea, it is His; the dry land is the work of His hands.

**All:** *He is our God and our Shepherd; We are His people and His flock.*

**Father:** Bless the Lord, O my soul!

**All:** *Bless the Lord, O my soul, and all that is within me, bless His holy Name!*

## **Blessing Upon the Wine**

**Father:** *Baruch atah Adonai Eloheinu, Melech ha-olam, borei pri ha-ga-fen.*

**Mother:** Blessed are you, Lord our God, King of the universe, who brings forth fruit from the vine.

## **Blessing Upon the Bread**

**Father:** Be imitators of God therefore like dearly beloved children. (Ephesians 5:1)

**Mother:** While they were eating, He took some bread, and after a blessing He broke it, and gave it to them, and said, "Take it; this is My body." (Mark 14:22)

**Father:** *Baruch atah Adonai Eloheinu, Melech ha-olam, ha-motzi lechem min ha-aretz.*

**Mother:** Blessed are you, Lord our God, King of the universe, who brings forth bread from the earth.

**All:** *Man shall not live by bread alone, but by every word that comes from the mouth of God.* (Deut 8:3 & Matt. 4:4)

**Father:** In the same way, the Messiah was laid in the earth and covered with a cloth,.... It was the preparation day, and the Sabbath was about to begin.” (Luke 23:53-54)

**All:** Yeshua said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. (John 6:35)

### **Blessing Upon the Wife** (Proverbs 31:10-31)<sup>1</sup>

A good woman is hard to find, and worth far more than diamonds.  
Her husband trusts her without reserve, and never has reason to regret it.

Never spiteful, she treats him generously every day.

She shops around for the best quality, and takes care of her family with zest.

She's up early, preparing breakfast for her family and organizing the day.

She sets about her work vigorously; her arms are strong for her tasks.  
She senses the worth of her work, and is in no hurry to call it quits for the day.

She's skilled in the crafts of home and hearth, diligent in homemaking.

She's quick to assist anyone in need, and reaches out to help the poor.

She doesn't worry about her family when it snows; their clothes are all mended and ready.

She is self-reliant, and dresses attractively and with taste.

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<sup>1</sup> I have rendered Proverbs 31:10-31 with an eye toward making its modern applicability more evident.

Her husband is greatly respected when he deliberates with the  
community elders.

She produces more than her family needs, and earns a profit by her  
diligence.

She is clothed with strength and dignity; she can laugh at the days to  
come.

When she speaks she has something worthwhile to say, and she always  
says it kindly.

She keeps an eye on everyone in her household, and keeps them all busy  
and productive.

Her children respect and bless her; her husband joins in with words of  
praise:

"Many women have done wonderful things, but you've outclassed them  
all!"

Charm can mislead and beauty soon fades, but the woman who fears the  
Lord will be praised

May she receive the rewards of her diligence! May her actions bring her  
public praise!

### **Blessing Upon the Husband** (Psalm 1 & 112)

Blessed is the man who doesn't walk in the counsel of the wicked,  
nor stand in the path worn by sinners; nor associate with those who  
mock.

His delight is in YHWH's Torah; he meditates on the Torah day and  
night.

He will be like a tree planted by streams of water, that produces fruit in  
season,

and whose leaves never wither; whatever he does will prosper.

Not so with the wicked—they are like wind-driven chaff.

Blessed is the man who obeys YHWH, who takes great delight in His commandments.

His descendants will be mighty on earth; the generation of the upright will be blessed.

Wealth and riches are in his house, and his integrity will endure testing. In the darkness a light shines for the godly, for each who is merciful, compassionate, and just.

It goes well with the man who lends generously; he will withstand judgment.

For he will never be shaken; the righteous will be remembered forever. He has no fear of bad news for his heart is steadfast, trusting in YHWH. The resolve of a righteous man is rock-solid; one day he will look in triumph on his foes.

He generously gives to the needy; his integrity endures. He will be vindicated and honored.

### **Blessing Over the Children**

May God establish you as a Father/Mother;  
May God provide a wife/husband who loves you.  
May you have children who walk with the Lord.

(for girls) May God bless you like Sarah, Rebecca, Rachel and Leah.

(for boys) May God bless you like Ephraim and Manasseh.

### **Blessing Over Single Adults** (Psalm 84:4, 5, 11, 12)

How blessed are those who dwell in Your house  
May praise be continually on their lips.  
How blessed is the person whose strength is in You;  
The highway to Zion is in their heart.  
YHWH our God is a sun and shield to those who love him  
May YHWH give you grace and honor.  
No good thing will He withhold from those

Who walk uprightly.  
YHWH of Myriads, how blessed is the person  
Who trusts in You.

### **Final Blessing Over All** (Read by All)

*So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his work, as God did from His. Therefore let us be diligent to enter that rest, so that no one will fall, through the same example of disobedience.* (Hebrews 4:9-11)

*May YHWH bless you and keep you.  
May YHWH cause His face to shine upon you and be gracious to you.  
May YHWH lift up His face toward you and give you shalom.* (Numbers 6:24-26)

### **Psalm 92**

A Psalm. A Song for the Sabbath. <sup>2</sup>

<sup>1</sup>It is good to give thanks to YHWH,  
to sing praises to your name, O Most High;  
<sup>2</sup>to declare your steadfast love in the morning,  
and your faithfulness by night,  
<sup>3</sup>to the music of the lute and the harp,  
to the melody of the lyre.  
<sup>4</sup>For you, O YHWH, have made me glad by your work;  
at the works of your hands I sing for joy.

<sup>5</sup>How great are your works, O YHWH!  
Your thoughts are very deep!  
<sup>6</sup>The stupid man cannot know;  
the fool cannot understand this:  
<sup>7</sup>that though the wicked sprout like grass  
and all evildoers flourish,  
they are doomed to destruction forever;  
<sup>8</sup>but you, O YHWH, are on high forever.  
<sup>9</sup>For behold, your enemies, O YHWH,

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<sup>2</sup> Sung by Adam, according to Jewish midrash (*Shoher Tov*)

for behold, your enemies shall perish;  
all evildoers shall be scattered.

<sup>10</sup>But you have exalted my horn like that of the wild ox;  
you have poured over me fresh oil.

<sup>11</sup>My eyes have seen the downfall of my enemies;  
my ears have heard the doom of my evil assailants.

<sup>12</sup>The righteous flourish like the palm tree  
and grow like a cedar in Lebanon.

<sup>13</sup>They are planted in the house of YHWH;  
they flourish in the courts of our God.

<sup>14</sup>They still bear fruit in old age;  
they are ever full of sap and green,

<sup>15</sup>to declare that YHWH is upright;  
he is my rock, and there is no unrighteousness in him.<sup>3</sup>

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<sup>3</sup> The Divine Name (YHWH) is used 7 times in this psalm, which the Sages suggest is the link to the 7<sup>th</sup> day of creation. (*b. Berakhot* 4.3)