



V'SHAMRU V'NEI YISRAEL

et HaShabbat,

laasot et HaShabbat l'dorotam

b'rit olam.

Beini u'vein b'nei Yisrael

ot hi l'olam,

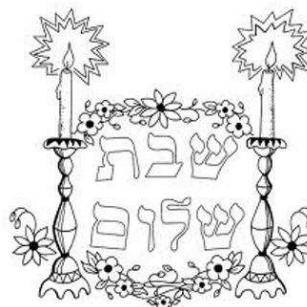
ki sheishet yamim asah Adonai

et hashamayim v'et haaretz,

u'vayom hashvi-i shavat vayinafash.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל
אֶת־הַשַּׁבָּת,
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם
בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הִיא לְעָלָם,
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְיָ
אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

THE PEOPLE OF ISRAEL shall keep Shabbat,
observing Shabbat throughout the ages as a covenant for all time.
It is a sign for all time between Me and the people of Israel.
For in six days Adonai made heaven and earth,
and on the seventh day God ceased from work and was refreshed.



Why these words?

The prayer, V'Shamru, comes direct from the Torah (Exodus 31:16-17 and is often sung as part of the Friday night and Saturday morning services. It is a reminder that Shabbat is a sign of the *covenant* (sacred agreement) between God and the Jewish people.

Because it ends with the words “shevat vayinafash” “observe Shabbat and resoul” It is the source for the idea that Jews receive an extra soul on Shabbat.

Ideas, Activities and Resources

- What words in this prayer do you know? (Hint: Look in the Hebrew text for Yisrael, brit, olam, l'olam, Adonai, ha'aretz). Discuss with your family what it means to keep or guard Shabbat.
- After a full week of work (school or office), each of us needs to take a break so we are well rested when the next week starts. Spend a Shabbat this month considering what you most need to *not do* for you to be refreshed for the next week. Talk about it with your family. See what it feels like to stop that activity from Friday night through Havdalah on Saturday night.

Questions to Spark Discussion around your Shabbat Table

1. *What is the one thing you have to do during the week that you most need a break from? Do you get a break from this on Shabbat? If not, what can you do to give yourself a break this Shabbat?*
2. *How does it make you feel to start the school or work week after a fun and relaxing weekend?*