

# The story of Shabbat



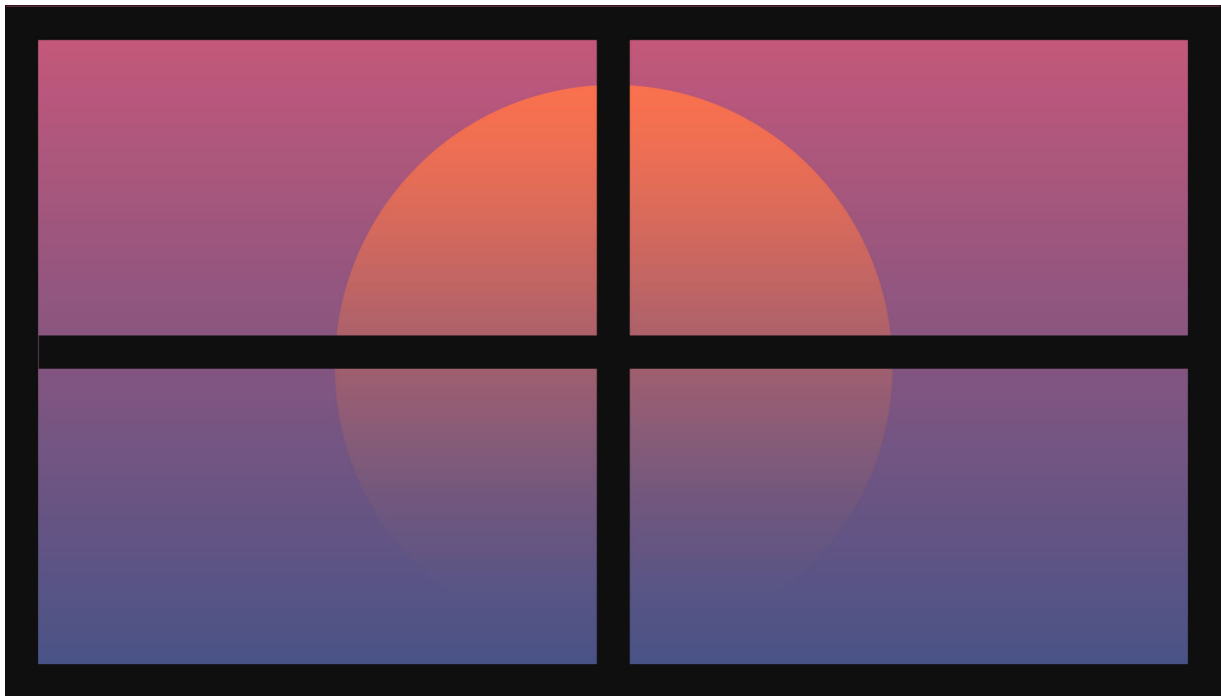
The beginning of the Torah explains how Jewish people believe God made the world in just six days.

The Torah teaches of the creation of day and night, sea and sky, land, plants and trees, the sun and moon, all the animals and last of all, humans.



The Torah says that on the seventh day God did no work and rested, so Jewish people also take the seventh day to rest. For Jewish people, Saturday is the seventh day of the week.

It is a special time called Shabbat. Shabbat begins when the sun goes down on Friday evening and ends at darkness on Saturday night.



As Shabbat is a time of rest, Jewish families get ready and celebrate in special ways. There are different ways to celebrate Shabbat, but there are some things that lots of Jewish families choose to do.

On Friday, many Jewish families get ready for Shabbat by cleaning their house and cooking a special meal.

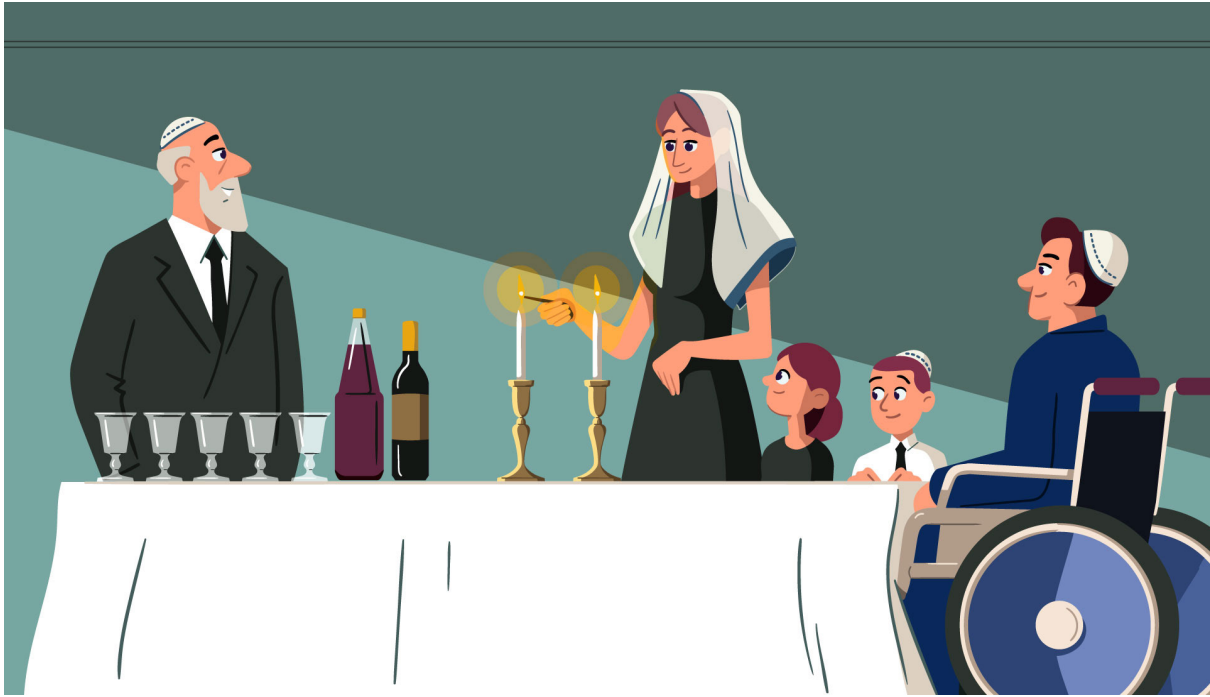


Just before Shabbat begins at sunset, the family lights two Shabbat candles. After the candles are lit, the family say, “Shabbat shalom,” to each other, which means ‘peaceful day of rest’.

When it is time to eat, the family comes together for the Shabbat meal.

This begins with Kiddush, a special prayer thanking God for making the grapes in the wine. Then everyone takes a sip. Jewish children might have grape juice instead of wine.





On the Shabbat table are two loaves of challah bread. Challah bread is made for Shabbat. It is plaited and tastes sweet, because it is made with sugar and eggs.

After a prayer thanking God for the gift of food, everyone eats a piece of challah bread.

Everyone enjoys the Shabbat evening meal together. Shabbat is a special time for rest with the whole family.