

What is Shabbat?



The **Torah** is very important to Jewish people.

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

The Torah teaches about the creation of light, sea and land, plants and trees, the sun and moon, birds, fish, 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, the seventh day of the week is Saturday.

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

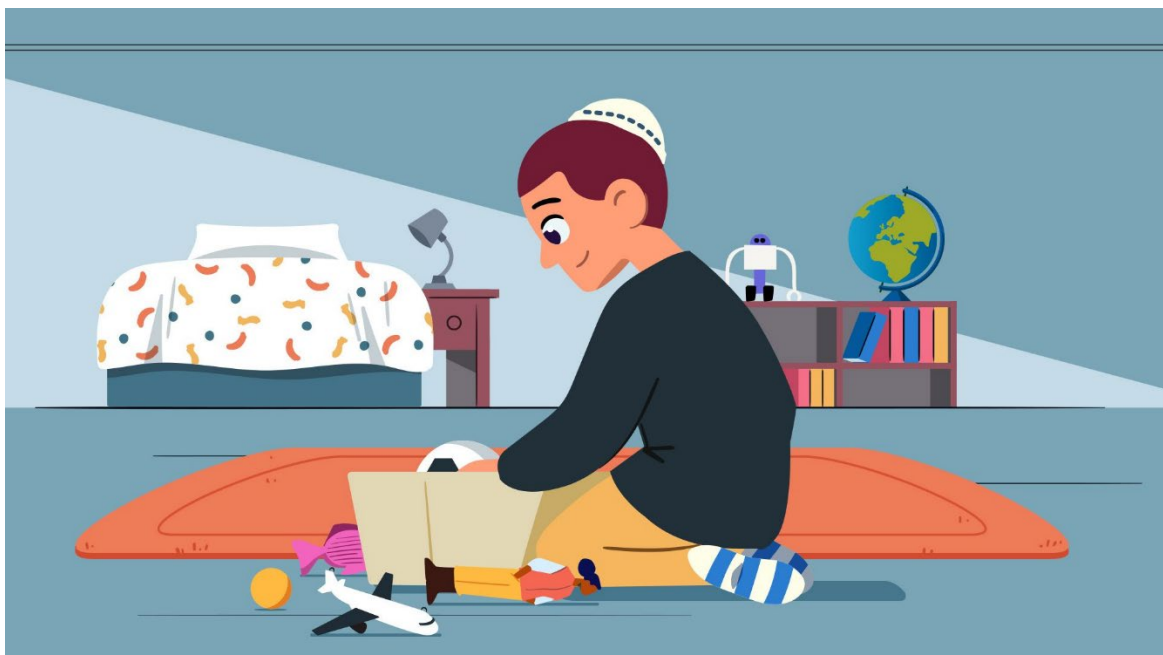


As Shabbat is a special time where Jewish families take a break from their busy week, they get ready and celebrate in special ways.

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.

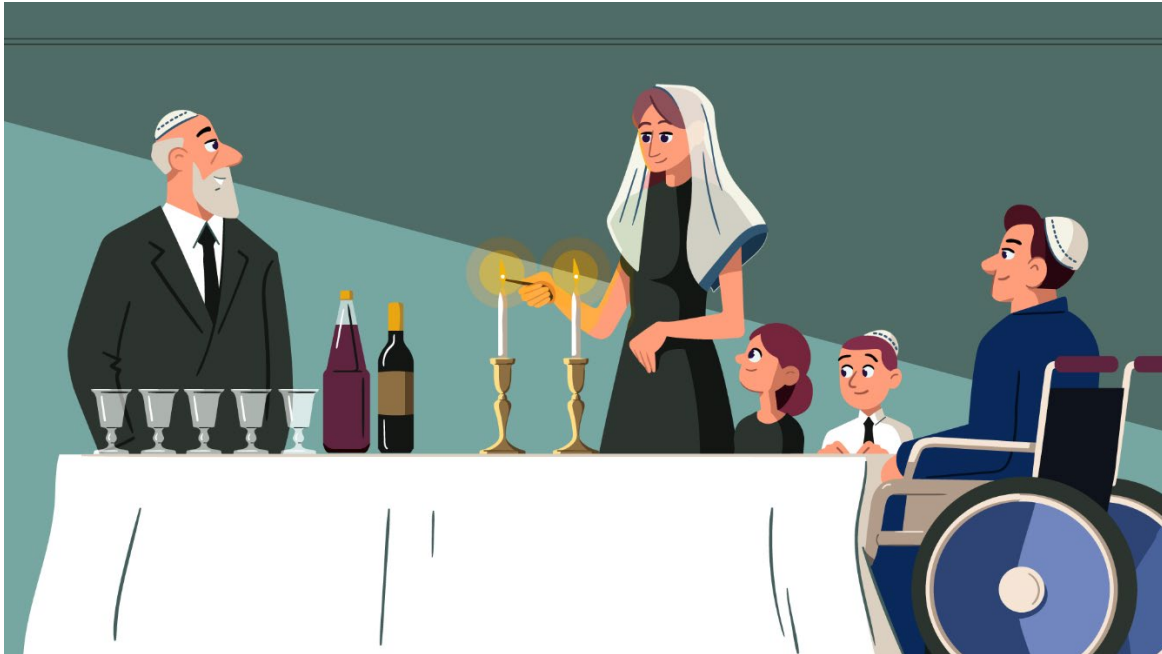
This boy is putting his toys away to prepare for Shabbat.



Just before Shabbat begins at sunset, the mother lights two Shabbat candles.

After the candles are lit, the family say, “**Shabbat shalom**,” to each other, which means ‘peaceful day of rest’.

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 bread called **challah**.

Challah is made for Shabbat. It is plaited and tastes sweet because it is made with sugar, oil and eggs.

After a prayer thanking God for the gift of food, everyone eats a piece of challah. Everyone enjoys the Shabbat evening meal together.

After the meal, the family enjoy singing special Shabbat songs.

