

tions aloud as the celebration is being performed.

Woman

1. Farewell Prayer *The woman says a prayer that is a farewell to the day, and begins the Havdalah celebration. Heavenly Father, we thank You for Your rest. We thank You for Your Blessed Messiah Yeshua. Who is the Light of the World and Who came into the darkness of the world to redeem it into the light. May Your love fill us this night and may we bring Your light to the world. Amen.*

2. Lighting the Candles *As the woman lights the candles remember that God chose another woman, Mary, to bring forth "The Light of the World" (John 8:12). The two candles represent Creation and Redemption. They have been twisted together symbolically linking our Creation and Redemption through Yeshua. Baruch atah Adonai Eloheynu melech ha-olam, boaray m'oray haaysh. Blessed art Thou, O Lord our God, King of the universe, who creates the light of the fire. God brings light to darkness and into our lives. Present the light to everyone to feel the warmth and see the brightness.*

Man

3. Scripture *The man reads appropriate Scripture. A suggested reading is John 1:1-14. John 1:1-14: "In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made. In Him was life, and that life was the light of men. The light shines in the darkness, but the darkness has not understood it. There came a man who was sent from God; his name was John. He came as a witness to testify concerning that light, so that through him all men might believe. He himself was not the light; he came only as a witness to the light. The true light that gives light to every man was coming into the world. He was in the world, and though the world was made through Him, the world did not recognize Him. He came to that which was His own, but His own did not receive Him. Yet to all who received Him, to those who believed in His name, He gave the right to become children of God — children born not of natural descent, nor of human decision or a husband's will, but born of God. The Word became flesh and made His dwelling among us. We have seen His glory, the glory of the One and Only, who came from the Father, full of grace and truth."*

4. Wine *The man says the blessing for the wine before pouring it. It will be poured until it overflows to show the fullness and completion of the week and the fullness and completion of Yeshua's work. It also indicates the abundance of blessings we have through Yeshua " 'Test me in this,' says the LORD Almighty, 'and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it.' " — Mal 3:10. The wine symbolizes Yeshua's shed blood. In Matthew 26:27, Yeshua "took the cup, gave thanks and offered it to them saying, 'Drink from it, all of you. This is my blood of the covenant which is poured out for many for the forgiveness of sins'" Baruch atah Adonai Eloheynu melech ha-olam, boaray pereh ha-gofen. Blessed are You, O Lord our God, King of the universe, who creates the fruit of the vine. Fill the wine glass until it overflows onto a plate. When Yeshua was on the cross, "...one of the soldiers pierced Yeshua's side with a spear, bringing a sudden flow of blood and water". — John 19:34.*

5. Extinguish the Candles *The candle will be extinguished in the spilled*

wine. This is symbolic of the darkness that came over the world when Yeshua died on the cross. Luke 23:44-46 - "It was now about the sixth hour, and darkness came over the whole land...for the sun stopped shining...Yeshua called out with a loud voice, 'Father, into Thy hands I commit My spirit'" Put out the flame in the spilled wine.

6. Spices *As the spice box is passed, each one should take a deep breath and try to remember the fragrance. In John 19:40 - "Taking Yeshua's body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs." The spices signify the sweetness of life experienced in Yeshua. He said "I have come that they may have life, and have it to the full" (John 10:10). Pass the spice box.*

7. The 23rd Psalm *The man leads his family in saying the 23rd Psalm. (KJV)The Lord is my Shepherd; I shall not want. He maketh me to lie down in green pastures; He leadeth me beside the still waters. He restoreth my soul; He leadeth me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies; Thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.*

8. Conclusion of Havdalah *Heavenly Father, thank you for the blessings given to us. Thank you for sending Your Son, Messiah Yeshua. Watch over my family as they go about this week. Place a guard on each of them. Bless us as we follow your commandments and go into the world to share the Good News of our Messiah Yeshua. In Yeshua's Name we pray. Amen. It is traditional to end with Isaiah 52:7: "How beautiful on the mountains are the feet of those that bring good news, who proclaim peace, who bring good tidings, who proclaim salvation (Hebrew: Yeshua), who say to Zion 'Your God reigns!'". Traditionally, dessert is served after the Havdalah service.*

Information for this pamphlet came from "Celebrate the Feasts" by Martha Zimmerman (Bethany Press), "Celebrating the Sabbath the Messianic Jewish Way" by Richard and Michele Berkowitz, and "God's Appointed Times" by Barney Kasdan (Lederer Messianic Publications), which are excellent books for further study of God's Feasts. Bible quotations are from the New International Version, except where noted (KJV = King James Version).

For more information, also see our booklet "Celebrate The Sabbath" or our web site.

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Celebrating the Sabbath!

"There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the Lord." — Leviticus 23:3

A Day of Rest - What a Wonderful Gift!

God gave us the Sabbath (Hebrew: *Shabbat*) as a day of rest and rejuvenation, a day to enjoy His creation and focus on Him. *Shabbat* means "to rest". How many times in our busy lives we don't take time for needed rest! The pace of life today is much faster than it's ever been. Today's families seem to never have enough time to spend together. Celebrating the Sabbath provides time to unwind, be with family and refocus on God. The Sabbath begins at sundown on Friday evening and lasts until sundown on Saturday evening. The Friday evening meal (Erev Shabbat or "Sabbath Eve") is very special and celebrates entering into Sabbath rest. Saturday evening it is customary to celebrate the close of the Sabbath with the *Havdalah* service. Unfortunately, the celebration of the Sabbath is a tradition that has been lost to many Christians. The celebration is an excellent teaching tool about God and His plans for humanity, and a wonderful "family time" as well. This will provide basic information to help you to celebrate the Sabbath.

The Sabbath was the first festival to be outlined by God to Moses in the book of Leviticus. It was the first festival observed by God Himself in the book of Genesis, as well as being the first to be observed by man, even before the revelation at Mount Sinai when the other festivals were commanded. The Sabbath is a time of rest and is a picture of the bride (God's people) resting with the Bridegroom, Yeshua (Jesus). It is very symbolic of the ultimate fulfillment of the Sabbath — the 1000 year rest (the Millennium). In ancient Jewish eschatology, it was believed that time was a seven thousand year period, starting with the creation of the heavens and the earth in Genesis 1 and ending with the Messianic Kingdom in years 6000 - 7000 (Revelation 21). Time was divided into three stages of 2000 years: Years 1-2000 (after the fall) called Tohu or desolation, years 2000-4000 called Torah, or instruction (after the giving of the law), and years 4000-6000 called Y'mot Mashiach, or days of the Messiah (starting with the Messiah's birth in the 4000th year). We are currently in this time period. In the 6000th year the Messianic Kingdom is thought to begin until year 7000, when the Olam Haba or eternity will begin. Ancient Rabbis saw the 7 days of a week as a pattern of the seven thousand year plan of God. They believed that the Sabbath was a picture of the Messianic Kingdom, which is referred to as the Millennium.

Sabbath Eve Celebration (Erev Shabbat)

The Sabbath begins at sundown on Friday evening (Erev Shabbat or “Sabbath Eve”). The Friday evening meal is very special and celebrates entering into Sabbath rest. At this time, the focus should turn from the activities of the week and should center on God, our family, rest and rejuvenation.

Recipe for Challah (Dough can also be made in a bread baking machine)

1/2 c. lukewarm water

1/2 c. milk

1/4 c. butter or margarine (melted)

1 Tbsp. sugar

1 pkg dry yeast

2 eggs, beaten

1 tsp. salt

3 to 3 1/2 c. white flour

2 Tbsp. gluten flour

Dissolve yeast in lukewarm water. Add milk, melted margarine, sugar and beaten eggs. Add flour and salt. Mix well, then knead in bowl until smooth. Put dough on floured board and knead until firm, smooth and not sticky. Add more flour if needed. Shape into ball. Place in greased bowl. Brush with oil, cover with towel and let rise about 2 hours until double in bulk. Punch down dough and knead briefly. Let rest 10 minutes. Divide dough in half. Divide each half into three equal pieces. Roll each piece into a strip about 12” long. For each loaf, braid three pieces. Put on a cookie sheet. Brush with beaten egg yolk, sprinkle with poppy or sesame seeds. Cover with towel and let rise 1 hour. Bake at 375 degrees for 30-35 minutes. Makes two small loaves.

What You Will Need to Celebrate!

1. A pair of candle holders with two white candles and matches
2. Wine or grape juice with glasses
3. A pitcher of water, a bowl and a towel
4. Two loaves of bread (challah is traditional)
5. A salt shaker
6. A nice napkin to cover the bread
7. A special dinner

How to Celebrate

Traditionally, the man and woman lead their family in celebration of the Sabbath, however anyone can perform the service. The steps are numbered in the order that they should be performed. The speaking parts are underlined. Explanations for each step are included in *italics*. For people not familiar with celebrating the Sabbath, it is useful and edifying to read the explanations aloud as the celebration is being performed.

Woman

1. Preparation Prayer *The preparation prayer is spoken by the woman before lighting the Sabbath candles. Traditionally, the woman covers her head with a scarf while lighting the candles. A small pair of candles may also be lit by a daughter, as she learns from her mother.* Heavenly Father, we thank you for the blessings of your rest and peace this evening. Holy Spirit, be with us as we partake of this Shabbat. Fill our hearts and minds with your shalom, your peace that surpasses all understanding. Guide each of us that we may bless one another with our words and actions. We ask your blessing over our home and family. Pour out your Spirit upon us as we partake of your Shabbat, your rest,

May our home, our hearts and our minds be used by you to bring the news that your Messiah has come, has risen and will come again! In the name of Yeshua Ha Mashiach we pray. Amen.

2. Lighting the Candles *As the woman lights the candles remember that God chose another woman, Mary, to bring forth “The Light of the World” (John 8:12). Baruch atah Adonai Eloheynu melech ha-olam, asher kid-shanu b’mitz-votav, v’tzinvanu l’hadlik neyr shel Shabbat Blessed art Thou, O Lord our God, King of the universe who has set us apart by Your commandments and has enjoined upon us the kindling of the Sabbath light. Creation (lighting the first candle) This candle represents creation. “In the beginning God created the heavens and the earth...And God said, ‘Let there be light’ and there was light.” — Genesis 1:1,3. Redemption (lighting the second candle) This candle represents redemption. Yeshua said, “I am the Light of the World. Whoever follows Me will never walk in darkness, but will have the light of life.” — John 8:12. The woman may now pray silently for her children.*

Man

3. Blessings *The man lays his hands upon his wife and each child as he asks the Lord’s blessing upon them. To the wife, he may read Proverbs 31 “A wife of noble character...” He continues with an appropriate blessing, such as: Lord, I thank You for Your blessing of this woman to me. I ask that You bless her. Remove all fear and doubt from her heart and mind. Grant her Your shalom, Your peace that surpasses all understanding. I ask that You guide her steps and guard her path. Let her know that I am committed to You, and I am committed to her. In the name of Yeshua the Messiah I pray. Amen. To the children he may read Psalm 127:3 “...children are a reward from Him.” He continues with an appropriate blessing such as: Lord, I thank you for the blessing of this child. I ask that You fill him/her with Your Holy Spirit and guard his/her footsteps. I ask that You guard his/her path and protect him/her. I ask that You build his/her character in Your likeness, in truth, honor and light. I ask that You remove fear from this child and fill him/her with Your Holy Spirit. In the name of Yeshua the Messiah I pray. Amen.*

4. Wine *The cup is held at the base by the fingers, causing them to point upward. They represent the children of God, reaching up and longing for Him. The wine symbolizes Yeshua’s shed blood. In Matthew 26:27, Yeshua “took the cup, gave thanks and offered it to them saying, ‘Drink from it, all of you. This is my blood of the covenant which is poured out for many for the forgiveness of sins’” Baruch atah Adonai Eloheynu melech ha-olam, boaray pereh ha-gofen Blessed art Thou, O Lord our God, King of the universe, who creates the fruit of the vine. Everyone drinks of the wine.*

5. Washing *This blessing is intended to show gratitude to God for His sanctification of us. Blessed art Thou, O Lord our God, King of the universe, who has sanctified us through Your commandments and instructed us concerning the washing of hands. We dedicate our hands and ourselves to you. The man pours water from the pitcher for everyone to wash their hands.*

6. Bread *In Leviticus 24:5-9, bread was to be set on the altar each Sabbath as a lasting covenant. The two loaves on the table are symbolic of the double portion of manna which God provided on Fridays for the children of Israel when they wandered in the wilderness. The bread is covered with a cloth, which symbolizes the dew that was around the camp when the Israelites woke up in the desert. When the dew*

evaporated, the manna, God’s provision of bread was on the ground. Traditionally, Challah (pronounced “Halla”) is used as the bread (see related recipe). Challah is a braided bread formed by braiding strips of dough. This braid is said to represent folded arms, as in rest. The bread represents Yeshua, the Bread of Life. Yeshua said “I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world.” — John 6:51. Baruch atah Adonai Eloheynu melech ha-olam, ha-motzee lechem min ha-aretz. Blessed art Thou, O Lord our God, King of the universe, who brings forth bread from the earth. Starting with the man, everyone breaks off a piece of bread to eat. A tradition is to sprinkle a little salt on the second bite, recalling Genesis 3:19: “By the sweat of your brow you will eat your food.”

7. The Dinner is served *A special dinner should be served.*

8. Grace after the meal *Deuteronomy 8:10 says, “When you have eaten and are satisfied, praise the Lord your God for the good land He has given you”. Heavenly Father, I thank you for the blessings you have given us. I thank you for the blessing of this family to me. I ask that you strengthen our love for each other and that you fill us with your Holy Spirit as we continue to enjoy your Shabbat, your rest. I thank you in the name of Yeshua, the Messiah, who came, died for our salvation, was raised from the dead and will return to receive all who call upon His Name. Amen.*

9. Rest! *The remainder of the evening and the next day, until sundown are for rest and enjoying God’s world!*

Havdalah, the Close of the Sabbath

At sundown on Saturday evening as the Sabbath draws to a close, it is customary to celebrate the Havdalah service. Havdalah means separation, a time to separate the holy from the mundane.

What You Will Need to Celebrate!

1. A pair of long thin white candles twisted together and matches. You can make these by taking two long, thin tapered candles, holding them together over the spout of a boiling tea kettle and gradually twisting or wrapping them around each other, starting at the base. Be careful not to burn yourself!
2. Small jar or box containing a fragrant spice. The fragrant spice can contain cinnamon, cloves, nutmeg, cardamom, ginger, dried grated orange peel, or whatever you enjoy.
3. Small wine glass placed on a plate or bowl.
4. Wine or grape juice.
5. Bible.

How to Celebrate

Late Saturday afternoon, the family should gather for a meal that can be easily prepared, in keeping with the Sabbath rest. Traditionally, the Sabbath is said to end when the first three stars are visible. Following the meal, if it is a clear day, the family can gather outside to try to spot the first three stars. After the stars have been spotted, the woman says a prayer that is a farewell to the day, and begins the Havdalah celebration. Traditionally, the man and woman lead their family in the Havdalah celebration, however anyone can perform the service. The man’s part and woman’s part have been described separately for easy reference. Explanations for each step are given in *italics*. For people not familiar with celebrating Havdalah, it is useful and edifying to read the explana