

THE HEART OF SHABBAT

MYLES WEISS



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*Then He said to them, “Shabbat was made for man,
and not man for Shabbat.” Mark 2:27*

WELCOME GUESTS

LIGHT THE CANDLES

The “Queen” of the home lights the candles. (*Genesis 3:15*)

Blessing over the Candles:

*Baruch Atah Adonai, Eloheinu Melech Ha-olam,
Asher kiddishanu b'Yeshua HaMashiach, Or HaOlam.*

English Translation:

Blessed are You, O Lord our God, King of the universe,
Who sanctifies us through Yeshua the Messiah, Light of the World.

- We are sanctified by Messiah, He calls us to be light in this world.
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PRAY OVER BREAD AND CUP

Blessing over the Bread:

*Baruch Atah Adonai, Eloheinu Melech Ha-olam,
Ha-motzi lechem min ha-aretz.*

English Translation:

Blessed are You, O Lord our God, King of the universe,
Who brings forth bread from the earth.

- Yeshua is *Lechem HaShamayim* – the Bread of Heaven who came to the earth, went into the earth, and was raised back to heaven as the Firstfruits of many to follow!

Blessing over the Cup:

*Baruch Atah Adonai, Eloheinu Melech Ha-olam,
Borei p'ri ha-gafen.*

English Translation:

Blessed are You, O Lord our God, King of the universe,
Who creates the fruit of the vine.

- Yeshua is the Vine; we are the branches. As we commemorate His shed blood, we are grafted into *His life, which is the Light of men*. The cup reminds us of the joy of salvation.
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EAT TOGETHER! SING TOGETHER! LAUGH TOGETHER!

"Hinei ma tov u'manayim, shevet achim gam yachad." (Psalm 133:1)

English Translation:

Behold, how good and how pleasant it is when brethren dwell together in unity.

SHARE A BRIEF WORD

- Visit mkhop.org to find a One-Minute Torah portion for the week.
 - Yeshua can be seen throughout the Torah!
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PRAY TOGETHER

MEN PRAY OVER WOMEN – Proverbs 31:10-31 (*As much as you are led to read.*)

WOMEN PRAY OVER MEN – Psalm 1 (*As much as you are led to read.*)

ALL PRAY OVER CHILDREN –

"May you be like the fathers and mothers of old, who kept the faith and looked for Messiah."

Feel free to improvise and ask the Holy Spirit to speak over each child.

AARONIC BENEDICTION (PRIESTLY BLESSING)

"The Lord bless you and keep you.

The Lord cause His face to shine upon you and be gracious to you.

The Lord lift up His countenance upon you and grant you peace."

Numbers 6:24-26

Y'varech'cha Adonai v'yeesh'm'reicha.

Ya'er Adonai panav eleicha vi'chuneka.

Yeesa Adonai panav eleicha v'yasem l'cha shalom.

SHABBAT SHALOM!