

## 13 וְשָׁמְרוּ

- 1 וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת
- 2 לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם
- 3 בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא לְעוֹלָם
- 4 כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ
- 5 וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׂ

The Israelites should keep Shabbat, to make Shabbat for all time as an eternal covenant. Between me and the Israelites, it is a sign forever. In six days did YHVH make the heavens and the earth, but on the seventh day God rested and was refreshed.

### READING

\_\_\_\_\_  
Teacher

\_\_\_\_\_  
Date

### CHANTING

\_\_\_\_\_  
Teacher

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

### WHERE FOUND

The V'shamru ([The Israelites] Should Keep) is prayed Shabbat Evening at the end of the Sh'ma, Shabbat Morning during the fourth blessing of the Amidah (Standing Prayer), and during the Shabbat afternoon Kiddush (Sanctification before drinking wine or juice). This text is from Exodus 31:16-17.

### MAJOR THEMES

Shabbat is important to keep (observe, remember to do) as a gift of rest and renewal.

Shabbat is a reminder of the gift of creation.



KEY WORDS

בְּנֵי יִשְׂרָאֵל

Israelites / Children of Israel

בְּרִית

Covenant / Sacred Relationship

הַשָּׁמַיִם

The Heavens/The Sky

הָאָרֶץ

The Earth

יוֹם הַשְּׁבִיעִי

The Seventh Day


שָׁבַת וַיִּנְפֹּשׁ

Rested and Refreshed

DISCUSSION STARTER

How is Shabbat a reminder of creation?

What does it mean that God rested and was refreshed?



How do you rest and become refreshed?

How should we keep Shabbat so that it is restful and refreshing?

