

וְשָׁמְרוּ V'shamru

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 יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
5. וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

V'shamru translation:

"The people of Israel shall keep Shabbat,
observing Shabbat throughout time as a covenant forever.
It is a sign for all time between Me and the people of Israel.
For in six days Adonai made heaven and earth,
and on the seventh day God rested and was refreshed."

BIG Idea – Keeping Shabbat

“Six days shall you labor, and do all your work; but the seventh day is a Shabbat for Adonai your God. On this day you shall not do any work, for Adonai blessed the Shabbat day and sanctified it.” Exodus 20:9-11

“V’shamru” explains that we should keep Shabbat. Just like God rested after six days of creation, so should we rest following six days of work. We act like God by working six days and resting on the seventh – Shabbat.

How can we keep Shabbat?

- Treat Shabbat like a best friend coming to share the whole day with us. Look forward to Shabbat’s arrival and prepare our home for it. Set the table with the best tablecloth, clean dishes and candlesticks ready to be lit.
- Have a festive meal, with challah and wine or grape juice.
- Bathe and wear nice clothes on Shabbat.
- Make blessings over the candles, the wine and the challah.
- Rest and spend time with family and friends doing things we enjoy.
- Some people stop working on Shabbat. They do not write or do homework, go shopping, drive cars, or turn on or off electricity. They do not even tear paper.
- Go to Temple, pray and read from the Torah.



Key words:

שַׁבָּת – Shabbat, the day of rest. From Friday at sun down, until Saturday at sun down.

יִשְׂרָאֵל – Israel, the country, and the people (בְּנֵי יִשְׂרָאֵל – children of Israel)

שָׁמַיִם – sky

הָאָרֶץ – the earth (הַ means the, אָרֶץ means earth).

עוֹלָם – world, also eternity

יוֹם – day