

## Year 2 RE – Shabbat Lesson 3

This term we are learning about Shabbat, the Jewish day of rest (or Sabbath). Every week, religious Jews mark the Sabbath, the Jewish holy day, and keep its laws and customs.

The Sabbath begins at nightfall on Friday and lasts until nightfall on Saturday. God commanded the Jewish People to observe the Sabbath and keep it holy as the fourth of the Ten Commandments.

The idea of a day of rest comes from the Bible story of the Creation: God rested from creating the universe on the seventh day of that first week, so Jews rest from work on the Sabbath.

Jews call the day Shabbat, which is Hebrew for Sabbath, and which comes from the Hebrew word for rest.

### Watch

Last week, we watched how one Jewish family prepares for Shabbat and then we joined them for the Friday night meal. Watch this short video again to remind yourself of what happens <https://www.bbc.co.uk/bitesize/clips/z3hyr82>

### Respond

After you have watched the video, have a go at answering these three questions.

What does the Mum do just before it gets dark?

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What does the father or grandfather in the family do after that?

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What is the kiddush cup used for?

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What do children often drink instead of wine?

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### Read

When Shabbat comes to an end on Saturday evening, a Havdalah ceremony is held to mark the occasion. A blessing is said over wine, a symbol of joy, then over sweet spices, to comfort the soul at the loss of Shabbat. Finally, a multi-wicked candle is lit to show that Shabbat has ended and that fire may be created again.

## Activities

Have a look at the activity sheet [The Shabbat Table](#) and match the words to the pictures.

Watch this video to see the Jewish family saying goodbye to Shabbat:

<https://www.bbc.co.uk/bitesize/clips/zkcd2hv>

The little girl says that for the closing of Shabbat they need three things: a spice box a twisted candle with six wicks and a wine cup (with a saucer for when it flows over).

Draw and label each of the items in the three boxes below.

The items needed for Havdalah (the closing of Shabbat)