



THE JEWISH LIFE SERIES

Shabbat Candles

BRING LIGHT TO THE WORLD

AZK 07.

Shabbat Candles: Who would have thought so much good could be accomplished with such a simple act?

The purpose of creation was for God to shine His light to the world. The original light of creation shone briefly in the Garden of Eden before it was hidden. When we light the Shabbat candles we restore the original light, with all its healing energy to the world. **Now the power is in your hands... Shabbat Candles: Bring Light to the World.**

1: Light two candles 18 minutes* before sunset on Friday. Wave your hands 3 times in front of your face to welcome in the Shabbat and cover your eyes.

2: Make the blessing Say the blessing below (in Hebrew or English) to welcome in the Shabbat.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת

*Baruch Atah Ado-nai, Elo-heinu Melech Ha'Olam
Asher Kidishanu B'Mitzvotav, Vitzivanu L'hadlik Ner
Shel Shabbat.*

*Blessed are you God, King of the World who has
sanctified us with His commandments, and has
commanded us to light the Shabbat candles.*

After making the blessing, it is an especially favorable time to say a short prayer for your needs and desires, and those of your family, loved ones, friends, and the world.



Why Shabbat?

A very brief intro to Shabbat.

God created the world in six days and it was perfect... almost. The world lacked one thing to stay alive - a soul. On Shabbat, God ceased from creating and breathed soul into the world - giving life and endurance to all that had been created. By imitating God and resting on Shabbat we acknowledge God as Creator and in doing so we breathe soul into our lives.

The word Shabbat means 'to return' or 'to rest.' On Shabbat we return to ourselves and reclaim our potential. By observing Shabbat, starting with lighting the candles we bring primal life energy into our lives and all creation.

Shabbat. Breathe into your soul...

sunset: new zealand



How Shabbat?

39 Creative Acts. Shabbat has a body (the details of its observance) as well as a soul (the spirit of its observance). We open ourselves to receive the revitalizing energy of Shabbat by refraining from what Jewish wisdom calls 'work'. Work in Jewish law is defined as 39 archetypal physical creative actions. In refraining from work we imitate God who ceased from his creating on this day and breathed soul into the world. **When we rest from work on Shabbat we create a space that allows the soul to infuse and nourish the body and all the actions that we performed during the six days of the week become blessed...**

Shabbat. Transform Darkness into Light.

sunset: hawaii



Every Step Counts

Like mastering a musical instrument our growth can only take place in stages. While elucidating the complete observance of Shabbat is beyond the scope of this book, one can embrace the magic shabbat has to offer in a step by step manner. The first simple step may just be to light Shabbat Candles weekly.

Make Shabbat a part of your life.

Shabbat: The Source of all Blessing.



Shabbat is Everything

Shabbat is the point where body and spirit unite and heaven and earth become one. It is the source of all blessing. It is a world without boundaries. It is the connecting of all we do in the six days of the week with its higher source. It is a revelation of the miracle that all nature is. It is the renewal and source of our strength and our soul.

Shabbat. Bring Healing into the World.



israel: har habayis—the temple mount
where heaven and earth kiss

THE JEWISH LIFE SERIES



wisdom that inspires

“Bring light into the world.”

That pretty much sums up what The Jewish Life Series (and Judaism) is about. We believe that there is something beautiful and relevant in Judaism for everyone. Jewish Life produces outstandingly beautiful educational materials that show the wonder and love contained within Jewish wisdom and practice so that connecting to Jewish life becomes the simple pleasure it is meant to be...

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Gary Sheva - Founder, Jewish Life Series

SHABBAT.

REVEAL THE
POWER
OF YOUR
SOUL.

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Enjoy Yourself!

A very brief guide to the shabbat meals.

Shabbat is a day for the body as well as the soul and there is a requirement to give the body pleasure, this is done in part through the observance of three Shabbat meals. **Friday night.** We start with *Shalom Aleichem* a song welcoming the special angels that escort us on Shabbat followed by *Aishes Chayil* a song in praise of the Sacred Feminine. We then make *Kiddush* (blessing the day over a cup of wine) and wash our hands and say *Hamotzi* the blessing over (two loaves of) bread. **Shabbat Day.** We have another meal with *Kiddush* and *Hamotzi*. A **Third Meal** is eaten Shabbat afternoon - (best with wine and bread but not required). **Saturday night** after the stars come out we say *Havdalah* (the ceremony marking the end of Shabbat) and eat a special meal called *Melave Malka* where we escort out the Shabbat Queen.

everywhere: lighting the shabbat candles



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