

Texts for Shabbat

* A midrash is a story written to fill in the blanks of verses from the Torah. This midrash is helping us understand Shabbat and our own role in this weekly holiday.

#1. There is a midrash that teaches us that every day of the week has a partner - Sunday has Monday, Tuesday has Wednesday, and Thursday has Friday. But Shabbat doesn't have a partner - Shabbat is alone. So, God tells Shabbat - Don't worry. The families of Israel will be your partner.

Younger children:

1. Why would Shabbat want a friend?
2. What does it feel like to be alone? Would you rather be with a friend or be by yourself?
3. How can you be Shabbat's friend? What things can you do?

Older Children:

1. Why do you think each day needs a partner? What would they do for each other?
2. What does it feel like to be a partner? What are some ways you are a good partner?
3. Why is it important to be a partner with Shabbat and not just celebrate Shabbat? What does being a partner add to the relationship?
4. How can you be a partner to Shabbat? What is your role?

#2. When we say "Shabbat Shalom," the meaning is to have a peaceful (*shalom*) Shabbat. The root for *shalom* is שלם (*shin-lamed-mem*) which connects it to the word *shalem*, meaning wholeness. Our hope for Shabbat is that in its *shalom* (שלום), things that have been far apart, come back together again (שלם).

When we celebrate Shabbat, we have time to come back together - to find that wholeness and peace that perhaps hasn't been there throughout our week. We reconnect with our family, our community, and ourselves.

All children:

1. Share about your week. What happened that was good?
2. What do you need to keep working on that you started this week or have been working on for a while?
3. What are you looking forward to in the next week?
4. How does it feel to end your week with Shabbat? How can Shabbat help you get ready for the next week?