

You shall surely observe My Shabbat; for this is a sign between Me and you throughout your generations, that you may know that I am YHVH who sanctifies you. Therefore you are to observe the Shabbat, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. For six days work may be done, but on the seventh day there is a Shabbat of complete rest, holy to YHVH; whoever does any work on the Shabbat day shall surely be put to death. So the sons of Israel shall observe the Shabbat, to celebrate the Shabbat throughout their generations as a perpetual covenant. It is a sign between Me and the sons of Israel forever; for in six days YHVH made heaven and earth, but on the seventh day He ceased from labor, and was refreshed.” Exodus 31:12-17



Hear. Obey. Repeat.
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Blessing Going Out and Coming In:

And it came to pass, when the ark set forward, that Moshe said, **“Rise up, YHVH, and let your enemies be scattered; and let those that hate You flee before You.”**

And when it rested, he said, **“Return, O YHVH, unto the many thousands of Israel.”**

Numbers 10:35-36

Shabbat Kiddush (Shabbat Separation)

Blessed are You, YHVH, our Elohim, King of the Universe,
Who sanctifies us with His Torah, reveals for us to walk It out in Yeshua, and
commands us to sanctify the Shabbat. Omein!

Shema:

Sh'ma Yisrael YHVH Elohaynu YHVH Echad.

Hear O Israel! YHVH is our ELOHIM, YHVH is one!

And you shall love YHVH your ELOHIM with all your heart and with all your soul and with all your might. These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. You shall bind them as a sign on

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your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates.

Deuteronomy 4:6-9

Yeshua stated, **“You shall love YHVH your Elohim with all your heart, and with all your soul, and with all you mind.** This is the great and foremost commandment. The second is like it, **You shall love your neighbor as yourself.** On these two commandments depend the whole Torah and the Prophets.”

Matthew 22:37-40

Blessing Over the Wine:

I lift up the cup of Salvation. Whoever drinks of My blood has eternal life and I will raise him up on the last day, My blood is true drink.

John 6:54-56

Baruch atah YHVH, Elohaynu Melek ha olam, boray pre hagafen. Omein!

**Blessed are you, YHVH our Elohim, King of the universe,
Who creates the fruit of the Vine. Omein — I’Chaim! (To Life!)**

Blessing For The Women (Men Read)

An excellent wife, who can find? For her worth is far above jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good and not evil all the days of her life. She looks for wool and flax and works with her hands in delight.

Her children rise up and bless her; her husband also, and he praises her, saying: “Many daughters have done nobly, but you excel them all.” Charm is deceitful and beauty is vain, but a woman who fears the YHVH, she shall be praised. Give her the product of her hands, and let her works praise her in the gates.

Proverbs 31:10-31

Blessing Over The Children (Parents Read)

Elohim, before whom my fathers Abraham and Isaac walked, Elohim who has been my Shepherd all my life to this day, the Angel who has redeemed me from all evil, bless these children; and may Yacov’s name live on in them, and the names of his fathers Abraham and Isaac; and may they grow into a multitude in the midst of the earth. YHVH make you as Ephraim and as Manasseh.

Genesis 48:15-20

Blessing For The Men (Women Read)

How blessed is everyone who fears YHVH who walks in His ways. When you shall eat of the fruit of your hands, you will be blessed and it will be well with you. Your wife shall be like a fruitful vine within your house, your children like olive shoots around your table. Behold, for thus shall the man be blessed who fears YHVH. YHVH bless you from Tzion, and may you see the prosperity of Jerusalem all the days of your life.

Psalms 128:1-5

Blessing Over the Challah (Bread):

Yeshua said, “I am the living bread that came down from Heaven, I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst.

Baruch Atah YHVH, Elohaynu Melek ha olam, hamotze lechem meen ha erez. Omein!

**Blessed are you, YHVH our Elohim, King of the universe,
Who brings forth the Bread from the earth. Omein!**