

At the Sabbath Table

שַׁבַּת שְׁלוֹם

Blessings for the home on the eve of the Sabbath

The Torah commands us to remember the Sabbath day and to keep it holy (Exodus 20:8; Deuteronomy 5:12). It does not prescribe the blessings that follow. They are a custom, offered as a way to welcome the Sabbath and to set it apart from the rest of the week. Some of the traditional words have been changed to follow the written Torah. It is traditional to cover the head, with a kippah or a veil, for these blessings.

Preparation. The food is prepared before the Sabbath begins (Exodus 16:23). The table is set with candles; wine or grape juice and a cup for each person; and two loaves of bread, covered with a cloth, in memory of the double portion of manna (Exodus 16:22).

1 Candle lighting

Before the Sabbath begins, the woman of the house lights two candles; each child may also light one. She then says the blessing. If there is no mother in the home, the father may do so.

MOTHER

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְשַׁמֹּר מְנוּחַת שַׁבָּת
קִדָּשׁ:

Baruch atah Yehovah Eloheinu melech ha'olam asher kid'shanu b'mitzvotav v'tzivanu lishmor m'nuchat shabbat kodesh.

FAMILY

Blessed art Thou, Yehovah our God, King of the universe, who hath sanctified us by His commandments, and commanded us to observe the rest of the holy Sabbath.

2 Welcoming the Sabbath

All draw the light of the candles toward themselves with their hands, then cover their eyes while the mother prays aloud for her family and for this Sabbath.

MOTHER

Shabbat shalom.

שַׁבַּת שְׁלוֹם:

FAMILY

Shabbat shalom.

שַׁבַּת שְׁלוֹם:

3 Blessing of wives and mothers

The husband honors his wife with these words, spoken or sung; the family may join. If there is no husband in the home, an older son may honor his mother.

ESHET CHAYIL: THE LONGER FORM PROVERBS 31:10–12, 25–31

HUSBAND

אִשֶּׁת חַיִּיל מִי יִמְצָא וְרָחוֹק מִפְּנִינִים מְכָרָהּ:

Eshet chayil mi yimtza v'rachok mip'ninim michrah.

A woman of valour who can find? for her price is far above rubies.

בְּטַח בָּהּ לֵב בְּעֵלָהּ וְשָׁלָל לֹא יִחְסֹר:

Batach bah lev ba'lah v'shalal lo yechsar.

The heart of her husband doth safely trust in her, and he hath no lack of gain.

גָּמְלָתָהּ טוֹב וְלֹא רָע כָּל יְמֵי חַיֶּיהָ:

G'malathu tov v'lo ra kol y'mei chayeha.

She doeth him good and not evil all the days of her life.

עֹז וְהָדָר לְבוּשָׁהּ וְתַשְׁחֵק לְיוֹם אַחֲרוֹן:

Oz v'hadar l'vushah vatischak l'yom acharon.

Strength and dignity are her clothing; and she laugheth at the time to come.

פִּיהָ פָּתְחָהּ בְּחָכְמָה וְתוֹרַת חֶסֶד עַל לְשׁוֹנָהּ:

Piha patchah v'chochmah v'torat chesed al l'shonah.

She openeth her mouth with wisdom; and the law of kindness¹ is on her tongue.

צוּפִיָּה הַלִּיכוֹת בֵּיתָהּ וְלֶחֶם עֲצָלוֹת לֹא תֹאכַל:

Tzofiyah halichot beital v'lechem atzlut lo tochel.

She looketh well to the ways of her household, and eateth not the bread of idleness.

קָמוּ בָנֶיהָ וַיְאַשְׁרוּהָ בְּעֵלָהּ וַיְהַלְלֶהָ:

Kamu vaneha vay'ash'ruha ba'lah vayhal'lah.

Her children rise up, and call her blessed; her husband also, and he praiseth her:

רַבּוֹת בָּנוֹת עָשׂוּ חַיִּיל וְאַתָּה עָלִית עַל כָּלֵנָהּ:

Rabot banot asu chayil v'at alit al kulanah.

“Many daughters have done valiantly, but thou excellest them all.”

שֶׁקֶר הַחַן וְהַבֵּל הַיָּפִי אִשָּׁה יִרְאֵת יְהוָה הִיא תִתְהַלָּל:

Sheker hachen v'hevel hayofi ishah yir'at Yehovah hi tithalal.

Grace is deceitful, and beauty is vain; but a woman that feareth Yehovah, she shall be praised.

תָּנוּ לָהּ מִפְּרִי יָדֶיהָ וִיהִלְלוּהָ בַשְּׁעָרִים מַעֲשֶׂיהָ:

T'nu lah mip'ri yadeha vihal'luha vash'arim ma'aseha.

Give her of the fruit of her hands; and let her works praise her in the gates.

PROVERBS 31:10-12, 25-31

OR, THE SHORTER FORM PROVERBS 31:10, 30-31

HUSBAND

אִשֶּׁת חַיִּיל מִי יִמְצָא וְרָחֹק מִפְּנִינִים מְכָרָהּ:

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A woman of valour who can find? for her price is far above rubies.

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PROVERBS 31:10, 30-31

THE PRIESTLY BLESSING, TO A WIFE NUMBERS 6:24-26, IN THE FEMININE

HUSBAND

יְבָרְכֶךָ יְהוָה וְיִשְׁמְרֶךָ:

Y'varechech Yehovah v'yishm'rech.

Yehovah bless thee, and keep thee;

יֵאֵר יְהוָה פָּנָיו אֵלֶיךָ וִיחַנֶּנּוּ:

Ya'er Yehovah panav elayich vichunech.

Yehovah make His face to shine upon thee, and be gracious unto thee;

יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וְיָשֵׂם לָךְ שָׁלוֹם:

Yisa Yehovah panav elayich v'yasem lach shalom.

Yehovah lift up His countenance upon thee, and give thee peace. NUMBERS 6:24-26

4 Blessing of the children

The parents bless each child in turn, from the oldest to the youngest, laying their hands upon the child's head.

FOR A SON

PARENTS

יְשִׁימְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה:

Y'simcha Elohim k'Efrayim v'chi-M'nasheh.

God make thee as Ephraim and as Manasseh. **GENESIS 48:20***

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ:

Y'varech'cha Yehovah v'yishm'recha.

Yehovah bless thee, and keep thee;

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֶּנֶךָ:

Ya'er Yehovah panav elecha vichuneka.

Yehovah make His face to shine upon thee, and be gracious unto thee;

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׁם לְךָ שָׁלוֹם:

Yisa Yehovah panav elecha v'yasem l'cha shalom.

Yehovah lift up His countenance upon thee, and give thee peace. **NUMBERS 6:24-26**

FOR A DAUGHTER

PARENTS

יְשִׁימְךָ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה:

Y'simech Elohim k'Sarah Rivkah Rachel v'Le'ah.

God make thee as Sarah, Rebekah, Rachel, and Leah.²

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ:

Y'varechech Yehovah v'yishm'rech.

Yehovah bless thee, and keep thee;

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֶּנֶךָ:

Ya'er Yehovah panav elayich vichunech.

Yehovah make His face to shine upon thee, and be gracious unto thee;

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׁם לְךָ שָׁלוֹם:

Yisa Yehovah panav elayich v'yasem lach shalom.

Yehovah lift up His countenance upon thee, and give thee peace. **NUMBERS 6:24-26**

5 Kiddush

The father, or the head of the home, declares the Sabbath holy.

FATHER

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשְּׁשִׁי:

Vayhi erev vayhi voker yom hashishi.

And there was evening and there was morning, the sixth day. **GENESIS 1:31***

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צִבְאָם: וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה | וַיִּשְׁבֹּת
בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה: וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ | כִּי
בּו שְׁבֹת מְכָל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:

*Vaychulu hashamayim v'ha'aretz v'chol tz'va'am. Vaychal Elohim bayom hash'vi'i m'lachto asher asah |
vayishbot bayom hash'vi'i mikol m'lachto asher asah. Vayvarech Elohim et yom hash'vi'i vaykadesh oto | ki
vo shavat mikol m'lachto asher bara Elohim la'asot.*

And the heaven and the earth were finished, and all the host of them. And on the seventh day God finished His work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and hallowed it; because that in it He rested from all His work which God in creating had made. **GENESIS 2:1-3**

6 The bread

The father breaks the bread and gives it to the family, then says the blessings. All answer "Amen" and eat.³

FATHER

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

Baruch atah Yehovah Eloheinu melech ha'olam hamotzi lechem min ha'aretz.

FAMILY

Blessed art Thou, Yehovah our God, King of the universe, who bringest forth bread from the earth.⁴

THE PRAYER OVER THE BREAD

FATHER

O God, the Eternal Father, we ask thee in the name of thy Son, Yeshua HaMashiach,⁵ to bless and sanctify this bread to the souls of all those who partake of it, that they may eat in remembrance of the body of thy Son, and witness unto thee, O God, the Eternal Father, that they are willing to take upon them the name of thy Son, and always remember him and keep his commandments which he has given them; that they may always have his Spirit to be with them. Amen.

AFTER D&C 20:77; MORONI 4:3

7 The wine

The father pours the cup for each person, then says the blessings. All answer “Amen.” The father drinks, and the family after him.

FATHER

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגֶּפֶן:

Baruch atah Yehovah Eloheinu melech ha'olam borei p'ri hagafen.

FAMILY

Blessed art Thou, Yehovah our God, King of the universe, who createst the fruit of the vine.⁶

THE PRAYER OVER THE WINE

FATHER

O God, the Eternal Father, we ask thee in the name of thy Son, Yeshua HaMashiach,⁷ to bless and sanctify this wine to the souls of all those who drink of it, that they may do it in remembrance of the blood of thy Son, which was shed for them; that they may witness unto thee, O God, the Eternal Father, that they do always remember him, that they may have his Spirit to be with them. Amen.

AFTER D&C 20:79; MORONI 5:2

THE GREETING

FATHER

Shabbat shalom.

שַׁבָּת שְׁלוֹם:

FAMILY

Shabbat shalom.

שַׁבָּת שְׁלוֹם:

The Sabbath meal follows, that we may call the Sabbath a delight (Isaiah 58:13).

Notes

- 1 Hebrew *torat chesed*: literally “the Torah of lovingkindness.”
- 2 This blessing is traditional, shaped to match the blessing of sons. Compare Ruth 4:11: “like Rachel and like Leah, which two did build the house of Israel.”
- 3 The order follows Melchizedek, who “brake bread and blest it; and he blest the wine” (Genesis 14:18, Joseph Smith Translation), and the sacrament prayers (Moroni 4–5; Doctrine and Covenants 20:77, 79).
- 4 From Psalm 104:14: “that he may bring forth food out of the earth.”
- 5 So we say it. Doctrine and Covenants 20:77 reads “thy Son, Jesus Christ.”
- 6 The phrase is the Savior’s own: “I will not drink henceforth of this fruit of the vine” (Matthew 26:29); “the hour cometh that I will drink of the fruit of the vine with you on the earth” (D&C 27:5).
- 7 So we say it. Doctrine and Covenants 20:79 reads “thy Son, Jesus Christ.”
- * Part of the verse only.