

WELCOME TO SHABBAT!  
ENGAGE SANCTIFY REMEMBER

THE TABLE

A SHABBAT

DINNER GUIDE

A DIVINE INVITATION

L'CHAIM!



@PaulWilbur



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WELCOME  
TO SHABBAT!

Welcome to the table of covenant, family, and a weekly demonstration of relationship and loyalty with Jesus, the Lord of the Sabbath! As you set aside this time to 'remember and keep holy' what our God has ordained from the first moments of creation, you will be amazed at the treasures you will discover for your own life and your family's life. In your own home, you will enjoy a deeper understanding of words like 'covenant,' 'shalom,' and 'Family' as you invite the presence of God to be the special guest at your table. No, this is not a religious requirement; instead, it is a divine invitation to unplug from the world systems and engage with the Holy Spirit to experience a taste of heaven right here on earth.

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### A DIVINE INVITATION

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The Shabbat, or Sabbath is a gift from God; it is an opportunity to 'do what our Father does' as Jesus declared in John 5. "Amen, I tell you, the Son cannot do anything by Himself... Whatever the Father does, the Son does likewise." Jesus never did anything out of religious ritual or obligation; however, He did everything to be loyal to His Father; to bear the Lord's Name with honor and truth. YHVH established the principle of one day of rest out of every seven as a gift to man because He knew that we are the clay, and we need to rest regularly to refresh, recharge, and re-connect with Him and with one another. God has established for us, His children, a calendar for rest, work, play, and worship that is healthy and

nourishing for us, body, soul, and spirit. We can resist His ways and go the 'way that seems right to a man,' but we will eat the fruits of those ways. When Israel walked in the ways of YHVH, even when in captivity, it resulted in the redemption and salvation of an entire pagan nation! Joseph in Egypt, Daniel in Babylon, Esther, and Mordecai in Persia, Paul in the nations, and ultimately, King Jesus in Jerusalem.

Our homes are to be outposts for heavenly demonstration, a resting place for God's presence. Sabbath gives us the context, in a practical way to 'practice the presence' of God with our families and our guests. We are continually hearing about friends and family who experience physical healing, restoration of relationships, and hearts transformed at the Sabbath table. And why not? This table is where the covenant of love in our Messiah is declared and received every week!

Moses was declared to be the humblest man who ever lived. Listen to his request of God at Mt. Sinai when he met YHVH face to face. "Now then, I pray, if I have found favor in Your eyes, teach me Your ways so that I may know You..." Jesus called Himself the 'Lord of the Sabbath,' and declared, "if you have seen Me, you have seen My Father." Let us open our eyes and see Jesus here... the Lord of the Sabbath.



LET'S BEGIN BY READING  
FROM THE WORD OF GOD

## GENESIS 2:2-3

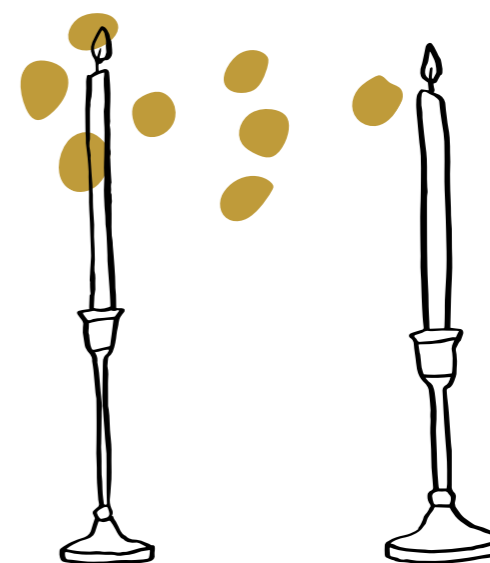
“By the seventh day God had finished the work that He had been doing;  
So on the seventh day He rested from all His work.  
And God blessed the seventh day and made it holy,  
Because on it he rested from all the work of creating  
that He had done.”

## ISAIAH 58:13-14

“If you keep your feet from breaking the Sabbath  
And from doing as you please on my holy day,  
If you call the Sabbath a delight,  
And the Lord's holy day honorable,  
And if you honor it by not going your own way  
And not doing as you please or speaking idle words,  
Then you will find your joy in the Lord,  
And I will cause you to ride on the heights of the land  
And to feast on the inheritance of your father Jacob.  
The mouth of the Lord has spoken.”

(SANCTIFICATION)

# WE LIGHT THE CANDLES



The mother of the house  
traditionally has the  
privilege of lighting the  
candles, welcoming the  
Sabbath and inviting the  
presence of the Lord.

“Blessed are You,  
O Lord our God  
King of the universe.  
You have sanctified us  
by your Word,  
commanded us to be a  
light to the nations,  
and have given us  
Yeshua our Messiah,  
the Light of the  
World.”

(Optional Hebrew)  
Baruch atah Adonai,  
eloheinu melech  
haolam  
Asher kidshanu b'mitz-  
votav vitzi vanu  
L'hilot l'goyim v'natan  
lanu  
Et Yeshua mishicheinu,  
Or ha olam.



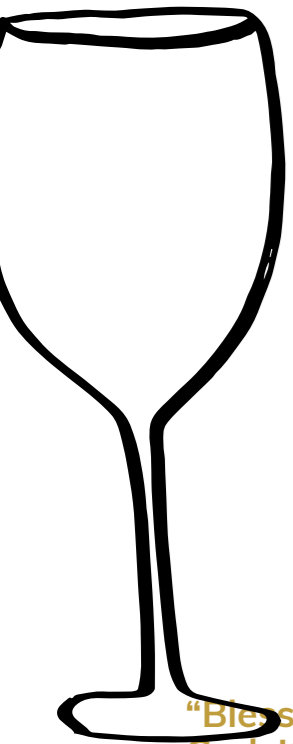


*PRAY A SIMPLE PRAYER TO INVITE THE PRESENCE OF YESHUA/JESUS  
WHO IS THE LORD OF THE SABBATH.*

WE INVITE HIS  
PRESENCE

(COMMUNION)

# THE KIDDISH + HAMOTZI



The father directs the cup and bread blessings.

## THE CUP

Lifting the cup, he says...

"Blessed are you, O Lord our God, King of the Universe, Who brings forth the fruit of the vine."

(Optional Hebrew)  
"Baruch atah Adonai, Eloheinu Melech ha-olam borei p'ri hagafen."

(A brief prayer of thanksgiving is offered here, recognizing that this is not the ordinary cup, but it is the cup of the New Covenant in the blood of Messiah Jesus.)

(CHALLAH OR MATZOH)

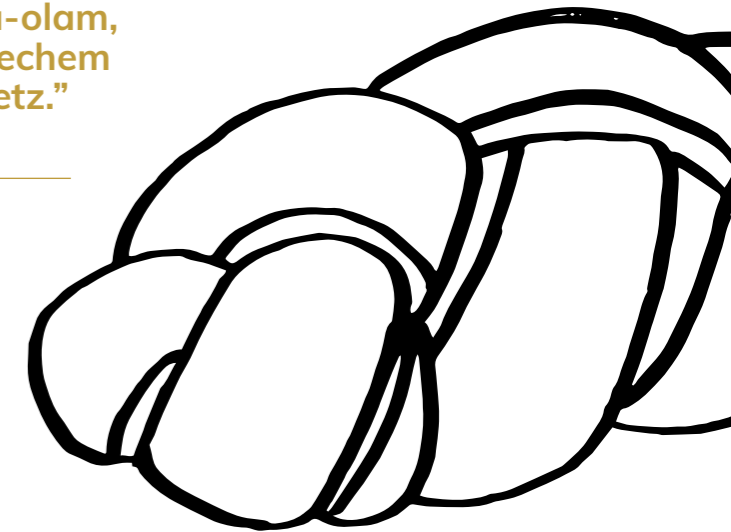
# THE BREAD

Lifting the bread, he says...

"Blessed are you, O Lord our God, King of the Universe, Who brings forth bread from the Land"

(Optional Hebrew)  
"Baruch atah Adonai, Eloheinu Melech ha-olam, Hamotzi lechem min ha'aretz."

(A brief prayer is offered here in thanksgiving for the Body of Messiah that was given for us all.)



Now we lift our glasses one more time and salute each other around the table with...  
SHABBAT SHALOM!  
and/or L'Chaim! (to life)

# SHABBAT SHALOM!

# PRAYERS



LORD, I thank you for my wife. I ask that you bless everything she puts her hands to do that it would prosper for your great glory. Father, protect her, keep her full of health and strength all the days of her life. Thank you that she is a Proverbs 31 woman, quick to forgive, loving and blessing others. In all that she does, may she prosper; in Jesus' name, Amen!

Read Proverbs 31:10-31



Blessed is the man who fears the LORD and who greatly delights in His commandments! May your children be mighty in the land and be blessed. May the LORD bless everything you put your hands to do that it will prosper for His glory. May wealth and riches be in your home, and may your righteousness endure forever. May you be gracious, merciful, slow to anger, and abounding in mercy to all. You are not afraid of bad news for your heart is firm, trusting in the LORD. And may the LORD bless you and keep you all the days of your life, and may He satisfy you with His goodness; in Jesus name, AMEN!



Special prayers can be offered for each individual son and daughter, or they may all be included in the prayer that follows.

May the LORD protect and defend you. May He always shield you from shame and cause your light to shine.

May you be deserving of praise, and may the LORD bless you with health, strength and long life.

May the Lord Himself be your protector and defender, and may He preserve you from pain.

I pray the LORD will strengthen you and keep you from the strangers' ways, and favor you with happiness, peace and joy.

Thank you, LORD, that you hear my prayer for my children, and You answer them; In Jesus name, AMEN!

Special unique prayers and thanks can be offered over each individual. Take this time to pray over yourself if you are alone. You can also use the "Priestly Prayer" below.



PRIESTLY PRAYER  
(Spoken by the Father or the head of the household)

Numbers 6:24-26

May the LORD bless you and keep you; may the LORD make his face to shine upon you and be gracious to you; may the LORD lift up his countenance upon you and give you peace. In so doing they will place my name among the people and I will bless them.

(Optional Hebrew)

"Y'verechechah Adonai, v'yeeshmereichah Yaer Adonai panav eleicha, veechoonekah Yeesa Adonai panav eleicha v'yasem l'chah, Shalom."

# L'CHAIM!

**NOW WE LIFT OUR GLASSES ONE MORE TIME AND SALUTE EACH OTHER AROUND THE TABLE WITH... SHABBAT SHALOM! AND/OR L'CHAIM! (TO LIFE)**

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