



RE

Rules and Routines

Shabbat (Judaism)



twinkl



The Shabbat Meal

Just before sunset, two candles are lit by the woman of the house.

The father or grandfather of the house blesses the children.

The father of the house pours wine (or grape juice) into a special cup, says a blessing and passes the wine around.

Challah bread is uncovered, cut and sprinkled with salt.

Everyone sits down and eats the Shabbat meal.

Families talk about the week, tell stories and sing songs.

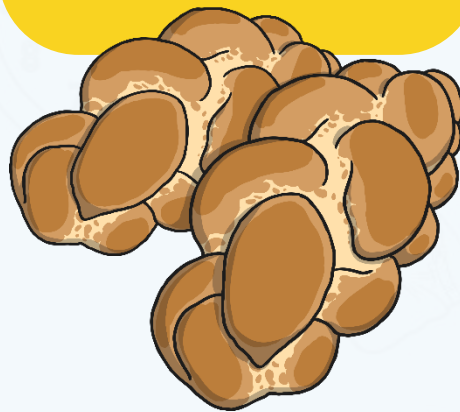


What Happens During Shabbat?

During Shabbat Jewish families will often visit the Synagogue. Special prayers are said and parts of the Torah are read out.



Every Jew must eat three meals during Shabbat and one of the meals must include bread.



The end of Shabbat is called Havdalah, which means 'separation'. Havdalah separates Shabbat from the rest of the week. Blessings are said over wine, spices and candles.

