

Sabbath Meal

Preparation

- * A box of notecards with several copies of the song and each element of the liturgy written out so others can be participate.
- * Loaf of bread for the meal (optional)
- * A small box with
 - * A candle - (we have use the same scent - Citrus and Sage)
 - * A lighter

Opening Song

(to the tune of "Jesus Loves Me")

Bless this home and bless this food
Lord you will to do us good
Keep us humble kind and true
So that we might be like you
Lord bless this Sabbath
Lord bless this family
Lord bring your presence
That we might rest in You

Remembering our Deliverance

(Gather kids around the Shabbat box)

Ask - Does anyone know what this closed box represents?

Ask - When were we slaves?

Ask - How did we become slaves?

Ask - How were we set free?

(Advanced Question) Ask - Why is it important to remember that we were slaves?

(Advanced Question) Ask - What will happen if we forget that we were once slaves?

(Open the Box and take out the candle)

Ask - What do we stop doing while the candle is lit?

Ask - Who does the Shabbat candle represent? Jesus who is the light of the world

Ask - How is Jesus like a light?

Ask - How did Jesus set us free from slavery?

Ask - Why does Jesus call us the light of the world?

Ask - What are some ways we can shine our light to the world?

Sabbath Opening Prayer

(pass out cards with one request per card to each of the kids)

Father, during this Sabbath we ask for –

- rest from work
- a peaceful home

- closeness as a family
- time with God
- growth with your church
- energy for the week ahead

Amen

Lighting of the Candles

(Give the card to one of the mothers to pray this prayer as another mother lights the candles)

Blessed are you Lord God, King of the universe who has given us shalom through Jesus our Messiah and who allows us to experience the peace and rest of the life to come beginning with the lighting of the candle of Shabbat.

Blessing the Children

(Typically the oldest father)

Blessing of the Sons: May the Lord make you like Ephraim and Manesseh and give you the faith of Abraham, the heart of David and the righteousness of Christ as you build our family from generation to generation.

(Typically the oldest mother)

Blessing for Daughters: May the Lord make you like Sarah, Rebecca, Rachel and Leah and give you heart of Ruth, the faith of Mary and the righteousness of Christ as you build our family from generation to generation.

Bless God for the Food

(take the loaf of bread)

Pray - "Blessed are you Lord God, King of the Universe who brings forth bread from the Earth." (have everyone hold hand in a circle then give thanks for the food).

Family Story

During dessert one of the eldest members of the family tells a family story and interprets its meaning to the rest of us.