



Judaism:

Is Shabbat important to Jewish children?

Topic Overview

- Shabbat is the day of rest in the Jewish religion.
- The Jewish Holy books contain the *Creation Story* which says that *God* created the world in six days and rests on the seventh - the *Sabbath*. For Jews, Saturday is the day of rest - *Shabbat*.
- *Shabbat* is celebrated both in the home and the synagogue.
- No work is done from sunset on Friday until sunset on Saturday so food is prepared before the *Sabbath* starts.
- The start of *Shabbat* is marked with a special meal and ceremony in the home.
- When worshipping, Jews wear a skull cap called a *kippah*. It is worn by men as a sign of respect to *God*.
- Making sure you are prepared for the *Sabbath* is important to Jews.
- On the day of rest, Jews take time to focus on *God* and what *God* has done for them.
- *Shabbat* is a time when families come together in the presence of *God* in their own home.
- *Shabbat* candles are lit at sunset on a Friday by Jewish women.
- Jewish families drink wine because it symbolises joy and celebration.
- *Challah* bread is eaten on the *Sabbath*. A prayer is said before the bread is eaten.
- The whole family will go to the synagogue on Saturday.

Links with other religions

- **Jesus** (Christianity). Jesus was Jewish.
- **Creation** (Christianity). Both religions believe "God rested on the seventh day" after He created the world.
- **The 10 Commandments** (Christianity/Judaism). The fourth commandment is: "remember the Sabbath day, to keep it holy."
- **Easter** (Christianity). Jesus was taken down from the cross on Friday because of *Shabbat*. Women didn't visit the tomb until Sunday because Saturday was a day of rest. Jesus wasn't resurrected until Sunday as *God* rested on the Saturday.
- **Sabbath** (Sikhism and Buddhism). Sikhs and Buddhists do not consider any particular day of the week as a holy day.
- **Sabbath** (Christianity). The Christian *Sabbath* is Sunday, and on this day many Christians go to church and spend time with their families.
- **Jumah** (Islam). Muslims have a special day for congregational prayer on Fridays at noon (*Jumah*) but they do not have a *Sabbath*.
- **Deities** (Hinduism). There is no set day for worship in Hinduism but different deities (gods/goddesses) are linked to different days of the week and may be remembered on those days.

| Key Vocabulary | Definition |
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| Kippah | Skull cap. |
| Sabbath | A day of rest. |
| Synagogue | A building in which Jews meet for religious worship. |
| Challah | Braided bread. |



שבת שלום
Shabbat Shalom!