



# One In Messiah Ministries

*...that in Himself He might make the two into ONE NEW MAN,  
thus establishing peace, (Eph 2:15 NASB)*

## A Call to Sabbath

By Hadasah

(Mark 2:27-27 NASB)

Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath. So the Son of Man is Lord even of the Sabbath."

Have you ever pondered this scripture? What point was Jesus trying to get across? Initially I understood that Jesus was making the point of how far these leaders had come from God's intent of the scriptures. He was also showing us it is right to do good on the Sabbath. In fact if you study the Gospels you will see Jesus did most of his healings and miracles on the Sabbath. However, I have come to realize there is a bigger picture than that. Now I understand that the Sabbath is God's a precious gift to us. He set it in place to teach us He is trust worthy. We can rest from our labors one seventh of our lives and He will meet our needs. We can rest in His work and receive our eternal security. He set it in place to reveal His ways.

(Gen 2:1-3 NIV)

*Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work 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.*

The Sabbath was the first thing God called Holy. As He created the earth, at the completion of each day he called it good. But on the Sabbath, He rested from all his work and He called that day holy. The Sabbath is a perfect picture of Yeshua (Jesus). Yeshua is the completion of all things, in Him all things are complete. In Him and by Him were all things created, all things redeemed, all things made new, all things brought to rest. God ceased from His labors in Yeshua, for He completed all things through the work of the cross. Sabbath is not only the celebration of creation, it is the celebration of redemption. It was the first ordinance of God, and it was set long before the law was given. From the beginning of time as we have it recorded, God set the Sabbath in place for us to worship Him.

In the wilderness God used the Sabbath as a test to see if His people would obey Him.

(Exodus 16:4-5 ASV)

*Then said Jehovah unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a day's portion every day, that I may prove them, whether they will walk in my law, or not. And it shall come to pass on the sixth day, that they shall prepare that which they bring in, and it shall be twice as much as they gather daily.*

Later, God made Sabbath part of the law in the 10 commandments.

(Exodus 20:8-11 ASV)

*Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with*

*you. For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the Sabbath day and made it holy.*

God gave the Sabbath to the Jewish people as an everlasting covenant.

*(Exodus 31:12-18 NIV)*

*Then the LORD said to Moses, "Say to the Israelites, 'You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy. Observe the Sabbath, because it is holy to you. Anyone who desecrates it must be put to death; whoever does any work on that day must be cut off from his people. For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the LORD. Whoever does any work on the Sabbath day must be put to death. The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day he abstained from work and rested.' " When the LORD finished speaking to Moses on Mount Sinai, he gave him the two tablets of the Testimony, the tablets of stone inscribed by the finger of God.*

But what God did for the Jewish people was always intended for the people of all nations who would embrace the God of Abraham, Isaac, and Jacob.

*(Isaiah 56:6-7 NIV)*

*And foreigners who bind themselves to the LORD to serve him, to love the name of the LORD, and to worship him, all who keep the Sabbath without desecrating it and who hold fast to my covenant--these I will bring to my holy mountain and give them joy in my house of prayer. Their burnt offerings and sacrifices will be accepted on my altar; for my house will be called a house of prayer for all nations*

*For the believer Paul shows us now that we are part of the commonwealth of Israel and the covenants are ours as well.*

*(Ephesians 2:12-14 NASB )*

*Remember that you were at that time separate from Christ, excluded from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who formerly were far off have been brought near by the blood of Christ. [ For He Himself is our peace, who made both groups into one and broke down the barrier of the dividing wall,*

*(Hebrews 4:9-11 KJV)*

*There remaineth therefore a (Sabbath) rest to the people of God. For he that is entered into His rest, he also hath ceased from his own works, as God did from His. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief. (Rav Sha'ul (Paul) speaking.)*

The following is a quote from "Irrevocable Calling" by Dan Juster.

*"Let us look a little more closely at the sacrifices. Leviticus 1-3 lays out four basic types of sacrifices. When a person sins, sacrifices are a necessary part of the process of restoration. First is a sin offering. This takes away the objective judgment against the sinner for violating the Torah. Second is the guilt offering, which assuages the conscience, and its guilt, for the animal bears our guilt. The penalty of the law must be satisfied by the death of the transgressor. In these two offerings we see a substitute for the transgressor. In both of these offerings, part of the offering is burned on the altar as a sweet smelling savor before God, and part is eaten by the priest. This symbolizes the dissolving of our sin and guilt in the righteous representative, the priest. In the third offering, the burnt offering, the person dedicates himself wholly to God in the symbol of the*

*animal being wholly burned on the altar. After this dedication, the offerer can have fellowship with God. This is symbolized in the fellowship offering (also called peace offering). In this last sacrifice, part of the offering is burned up (God's portion in fellowship), part is eaten by the priest, and part is eaten by the offerer. He eats before God and with a sense of fellowship with God. These same elements are present even in corporate offerings. In the Passover sacrifice, the family participates in the Passover lamb in fellowship with God."*

The first two sacrifices clearly foreshadow Yeshua on the cross: He became both our sin offering and our guilt offering. He was "crushed because of our sins;" and "Adonai laid on him the guilt of us all." (Isaiah 53:5a; 6b CJB) On the cross, Yeshua became our sacrificial lamb, for our sin and guilt were placed upon Him and He satisfied the penalty of the law by His own death. He did not do away with the law, for the law is still our governor of good and evil. However, in paying the price of the penalty, He gave a place for grace for everyone who would receive the knowledge of who He was and what He did, a place for grace for each one who would open his heart to let Yeshua become his substitutional transgressor.

The third offering, the burnt offering, foreshadowed the sacrifice of Yeshua as He gave Himself over fully to the wrath of God. Because we are identified with Him in His substitutionary death, our completed commitment to God is acceptable. Thus, we may participate in the fourth offering, the fellowship offering. It was this fourth offering that Yeshua pointed to at the Passover dinner. These twelve Jewish men understood it was only the fellowship offering that they would themselves be able to eat. So when Yeshua said, "Take, eat, this is my body broken for you", they were partaking of the peace offering Himself, for Yeshua is the Prince of peace. It is through Him alone that we can have fellowship with God the Father. At that Passover dinner, when Yeshua blessed the bread and the wine, He told the disciples that whenever they did this they were to do it in remembrance of Him. He Himself became the sacrifice for our sin, for our guilt, for our acceptance, and for our peace and fellowship with God.

I am told there is debate concerning the institution of the communion, the Feast of Remembering. Some say it is only to be done at Passover, but I must question the validity of that opinion.

*(1Corinthians 11:23-26(CJB))*

*For what I received from the Lord is just what I passed on to you—that the Lord Yeshua, on the night he was betrayed, took bread; and after he had made the b'rakhah he broke it and said, "This is my body, which is for you. Do this as a memorial to me"; likewise also the cup after the meal, saying, "This cup is the New Covenant effected by my blood; do this, AS OFTEN AS you drink it, as a memorial to me." For AS OFTEN AS you eat this bread and drink the cup, you proclaim the death of the Lord, until he comes. (emphasis mine)*

Note that the Lord does not specify Passover as the only time of remembrance, but rather He says, "as often as". For this reason, I believe that the Lord's desire is that He be remembered not just at Passover, but on every Shabbat. Indeed, I believe we may celebrate the Feast of Remembering at each and every meal when we speak a blessing over the bread and the wine.

Another quote from "Irrevocable Calling" by Dan Juster:

*"Fourteen hundred years of blood being shed—reservoirs of blood. Why? The book of Hebrews tells us that the blood of bulls and goats cannot take away sin. They cannot cleanse the conscience truly. Then did these sacrifices accomplish anything? Did we need 1400 years of sacrifices just to symbolize the sacrifice of Yeshua? I believe it is more than this. Rather, all of the sacrifices are intercession for the coming of the Messiah and the salvation of the world. This is the meaning of the sacrifice of Isaac; it is the meaning of all that follows. Our prayers do not save us but connect us to the atonement in Yeshua. In a similar fashion, the sacrifices participated in the meaning of what they foreshadowed, the coming of Yeshua to die for our sins as the perfect sacrifice.*

*Because the sacrifices participate in the meaning of the coming of Yeshua, they are as intercessory prayers crying out for the coming of the Messiah to save the nations of the world. They are prayers pleading, on the basis of the coming of the Lamb of God, that God would preserve the world until humanity would be saved by the death and resurrection of Yeshua.”*

That being so, let me share a revelation that comes from a member of the OIMM team:

*Could it be that celebrating Shabbat is also an intercession, an intercession that will bring Yeshua back as Prince of Peace, King of Kings, King of the Jews, Ruler of all Nations. An intercession that makes way for the millennial reign when Yeshua will sit on his earthly throne and bring peace to our war-torn world. Is it possible that as the Body of Yeshua worldwide begins to embrace their Jewish Heritage, their Jewish roots, and reinstates Shabbat as part of their worship, could it be that that intercession will usher in the second coming of our Lord? If 1400 years of sacrifice was the intercession for the Lord's first coming, why not?*

I find it interesting that it has been said by many Jewish Rabbis that if all the Jewish people worldwide would keep Sabbath, then Messiah would come. So, my friend, what say you?



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## **LET THE SABBATH BEGIN**

**We offer this as a model to help you begin to embrace the Sabbath. We have some traditional prayers and practices in this model to use especially if you have Jewish friends joining you. However, we believe Shabbat is for everyone who loves the God of Abraham and those who love His Son. So, at times we do not follow the tradition but let the Lord pray through us by His Holy Spirit.**

**We want to emphasize that everything we do must be led by the Holy Spirit. There have been nights when we gather that we don't follow this format at all. We might just have worship and then pray a simple blessing and welcome the Holy Spirit into our table time fellowship. But no matter how the Holy Spirit leads us on a given Shabbat, we always include the blessings over the bread and the wine. We do this in response to Jesus' words at Passover when he blessed the bread and the wine and said, "Do this in remembrance of Me". (You can read more about this in the Call to Shabbat article.) We encourage you to ask God each week how He would like you to observe the Sabbath.**

**When we have newcomers present, I often start our Shabbat with some of the following Scriptures to show the scriptural basis for keeping Shabbat.**

**Shabbat started in the Garden of Eden. Long before the Jewish people were promised through Abrahams seed.**

*(Gen 2: 1-3 NASB)*

*Thus the heavens and the earth were completed, and all their hosts. By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*

**God made keeping the Sabbath the Fourth Commandment.**

*(Exodus 20:8-11 NASB)*

*"Remember the Sabbath day, to keep it holy. "Six days you shall labor and do all your work, but the seventh day is a Sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. "For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the Sabbath day and made it holy.*

**God instituted the Sabbath as a Covenant sign between Himself and the Jewish People.  
(Exodus 31:12-17 NASB)**

*The LORD spoke to Moses, saying, "But as for you, speak to the sons of Israel, saying, 'You shall surely observe My Sabbaths; for this is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you. 'Therefore you are to observe the Sabbath, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. 'For six days work may be done, but on the seventh day there is a Sabbath of complete rest, holy to the LORD; whoever does any work on the Sabbath day shall surely be put to death. 'So the sons of Israel shall observe the Sabbath, to celebrate the Sabbath throughout their generations as a perpetual covenant.' "It is a sign between Me and the sons of Israel forever; for in six days the LORD made heaven and earth, but on the seventh day He ceased from labor, and was refreshed."*

**Now as believer we can take part in that Covenant**

*(Galatians 3:29 CJB)*

*And if you belong to Christ, then you are Abraham's descendants, heirs according to promise.*

The Promise? That is revealed in Romans 9:3-4 Where Paul tells us ... my brethren, my countrymen \* according to the flesh, [4] who are Israelites, to whom *pertain* the adoption, the glory, the covenants, the giving of the law, the service of God, and the promises;

*(Ephesians 2:11-14 NASB)*

*Therefore remember that formerly you, the Gentiles in the flesh,— remember that you were at that time separate from Christ, excluded from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who formerly were far off have been brought near by the blood of Christ. For He Himself is our peace, who made both groups into one and broke down the barrier of the dividing wall,*

**God pronounced blessings for those who keep the Sabbath. Remember these promises originally made to the Jewish People now become yours as well. Not to the exclusion of the Jewish people but along with them for now you are grafted into the olive tree.**

**Romans 11: [17] And if some of the branches were broken off, and you, being a wild olive tree, were grafted in among them, and with them became a partaker of the root and fatness of the olive tree,**

*(Lev 26:2-6 NASB)*

*'You shall keep My sabbaths and reverence My sanctuary; I am the LORD. 'If you walk in My statutes and keep My commandments so as to carry them out, then I shall give you rains in their season, so that the land will yield its produce and the trees of the field will bear their fruit. 'Indeed, your threshing will last for you until grape gathering, and grape gathering will last until sowing time. You will thus eat your food to the full and live securely in your land. 'I shall also grant peace in the land, so that you may lie down with no one making you tremble. I shall also eliminate harmful beasts from the land, and no sword will pass through your land.*

*(Isaiah 56:1-7 NASB)*

*Thus says the LORD, "Preserve justice and do righteousness, For My salvation is about to come And My righteousness to be revealed. "How blessed is the man who does this, And the son of man who takes hold of it;*

*Who keeps from profaning the sabbath, And keeps his hand from doing any evil.”  
 Let not the foreigner who has joined himself to the LORD say,  
 “The LORD will surely separate me from His people.”  
 Nor let the eunuch say, “Behold, I am a dry tree.”  
 For thus says the LORD, “To the eunuchs who keep My sabbaths,  
 And choose what pleases Me, And hold fast My covenant,  
 To them I will give in My house and within My walls a memorial,  
 And a name better than that of sons and daughters;  
 I will give them an everlasting name which will not be cut off.  
 “Also the foreigners who join themselves to the LORD,  
 To minister to Him, and to love the name of the LORD,  
 To be His servants, every one who keeps from profaning the sabbath  
 And holds fast My covenant; Even those I will bring to My holy mountain  
 And make them joyful in My house of prayer.*

*(Isaiah 58:13-14 NASB)*

*“If because of the sabbath, you turn your foot from doing your own pleasure on My holy day,  
 And call the sabbath a delight, the holy day of the LORD honorable,  
 And honor it, desisting from your own ways,  
 From seeking your own pleasure and speaking your own word,  
 Then you will take delight in the LORD, And I will make you ride on the heights of the earth;  
 And I will feed you with the heritage of Jacob your father,  
 For the mouth of the LORD has spoken.”*

*(Hebrews 4:9-11 NASB)*

*So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore, let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.*

## **Mother of the Home Prays**

Some tradition is beautiful and brings richness to our lives. But when the traditions of men in Biblical times added burdens to the people, or took away from the truth of God’s ways, Jesus exposed it. In light of that I have listed clearly what is tradition, so you may choose to add it to your celebration if you feel it enriches your time with your family and the Lord.

Traditionally the mother of the home lights the candles 18 minutes before sunset, while the father of the home prays with the other men of the community in the synagogue. At the back of this booklet you will find a beautifully crafted prayer that was found in a old English sidur. At times I have used that prayer as a corporate prayer as we enter into Sabbath. The following prayer was also found in an old English sidur (prayer book). I’ve included it because it is a beautiful way to start.

**Lord of the Universe, I am about to kindle the lights in honor of the Sabbath  
 Even as it is written: And thou shalt call the Sabbath a delight, and the holy day of the  
 Lord Honourable. And may the effect of my honoring the Sabbath be That the stream of  
 abundant life and heavenly blessing Flow in upon me and mine; That thou be gracious  
 unto us, and cause thy presence to dwell among us.**

**Father of mercy, O continue thy loving kindness unto me and unto my dear ones. Make  
 me worthy to rear my children so that they walk in the way of the righteous before Thee,  
 Loyal to thy Law and clinging to good deeds. Keep thou far from us all manner of shame,  
 grief and care, And grant that peace, light and joy ever abide in our home. For with Thee is  
 the fountain of life; in thy light do we see light. Amen**

## **Messianic Candle Blessing**

Although the lighting of the candles is a tradition, as a believer we can embrace this tradition as a revelation of Yeshua (the light of the world) and a marker of the beginning of Sabbath. The following is a Messianic version of the traditional prayer over the candle lighting. You may enjoy using this prayer in Hebrew and or in English or simply pray from your heart a prayer of thanks giving to the Lord for the gift of Sabbath. You might want to read one of your favorite Psalms.

**Ba-rooch ah-ta Adonai, Eh-lo-hay-noo meh-lech ha-olahm, ah-shar keed-sha-noo  
Beed-va-reh-cha v'na-than la-noo et Yeshua m'she-chay-noo, v'tzee-va-noo l'he-oat  
oar la'oh'lahm. Ah-main.**

**Blessed are You O L-rd our G-d, King of the Universe, Who has sanctified us in Your Word,  
and given us Yeshua our Messiah, and commanded us to be light to the world. Amen.**

## **Blessing over the Wife**

Traditionally the husband of the home reads Proverbs 31 as a blessing over his wife. We have taken key verses from that passage. What a perfect time for the Husband to express not only from the word but from his heart how much his wife means to him and extend a special blessing to her.

*(Proverbs 31 NASB)*

*An excellent wife, who can find? For her worth is far above jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good and not evil all the days of her life. Strength and dignity are her clothing, and she smiles at the future. She opens her mouth in wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household and does not eat the bread of idleness. Her children rise up and bless her; Her husband also, and he praises her, saying: "Many daughters have done nobly, but you excel them all." Charm is deceitful, and beauty is vain, But a woman who fears the LORD, she shall be praised.*

## **Blessing over the Husband**

Traditionally the wife of the home reads Psalm 112 as a blessing over her husband. I have again taken key verses from that passage. . As with the blessing over the wife I encourage you wives to speak from your heart words of honor and appreciation for your husband.

*(Psalm 112 KJV)*

*Praise the Lord! Blessed is the man who fears the Lord, who delights greatly in His commandments. His descendants will be mighty on earth; the generation of the upright will be blessed. Wealth and riches will be in his house, He is gracious and full of compassion, and righteous A good man deals graciously and lends; He will guide his affairs with discretion. He will not be afraid of evil tidings; His heart is steadfast, trusting in the Lord.*

## **Husband and Wife Pray over Children**



Traditionally, parents pray a blessing over their children on Shabbat. Parents may use this intimate moment as a chance to add their own words of blessing and offer expressions of love and appreciation to their children. You may wish to bless all your children together or bless each child individually or privately. Often the children stand under the father's tallit as a symbol of the protection of God. (Psalm 91:1)

### **Blessing for the Boys**

**Y'simkhah Elohim k'Ephrayeem v'kheeM'nasheh.  
May God make you like Ephraim and Manasseh.**

### **Spirit led prayer given to Hadasah many years ago**

**May our sons and grandsons have the Heart of King David to worship the Lord in song and dance and honor the Lord with all their heart. May they have the freedom as David did to pour out their heart to their God for themselves and their family. May they be strong and courageous like Joshua to fight the battles God presents to them and know that the Lord will be with them where ever they go. May the word of God not depart out of their mouth and may they meditate on it day and night to observe to do according all that is written there in, for then will the Lord prosper them and they will have good success. May they be like Solomon that God will grant them wisdom and may they use their gifts unselfishly.**

### **Blessing for the Girls**

**Y'simekh Elohim k'Sarah, Rivkah, Rakhel, v'Lea h.  
May God make you like Sarah, Rebekah, Rachel and Leah.**

### **Spirit led prayer given to Hadasah many years ago**

**May our daughters and granddaughters be intercessors like Esther who fasted and prayed and saved her people Israel. May they be like Miriam and dance and sing in worship before the Lord their God. May they be like Ruth and have a humble servant's heart. May they be like Debra and have courage and wisdom to fight the enemies of God. May they choose to be like Mary and sit at Yeshua's feet and learn of Him, that God's Word will hold the place of honor in their daily lives and that God will prosper all that they set their hands to do.**

### **Blessing for the Family**

You may be familiar with the following blessing. It is often used to dismiss congregations. Jewish families use it to bless their families and the guests attending their Shabbat. This is a prayer the Lord Himself dictated in Numbers 6:24-26. I think that gives it a greater anointing, don't you?

**Y'varekh'khah Adonai v'yishm'rekhah, ya'er Adonai panev elekhah vee-khunekhah. Yeesah Adonai panav elekhah, v'yahsaym l'khah shalom.**

**The Lord bless you and keep you. The Lord make His face to shine upon you and be gracious unto you. The Lord lift up His face upon you and give you peace.**

### **The Blessing over the Bread**

The bread is a symbol of the provision that God supplies to us each week from the earth. It is considered a double portion blessing in remembrance of the double portion of manna God gave the children of Israel to provide for them on the Sabbath. It is also a symbol of the showbread that was found in the holy place before the Holy of Holies. At the Passover dinner Yeshua gave us further revelation of Himself as the bread of life.

See our article "Call to Shabbat" for further explanation of Yeshua as the bread of life.

**Barukh atah Adonai Eloheinu melekh ha-olam, ha-motzee lekhem meen ha-aretz.**

**Blessed art thou, O Lord our God, King of the universe, who brings forth bread from the earth.**

### **The Blessing over the Wine**

On the night of the last Passover, when Yeshua (Jesus) recited the blessing over the cup, He brought even greater revelation of its importance by calling it the Cup of the New Covenant. Those assembled would be brought back to Jeremiah's word, Jer.31:31, where God told Israel that He was going to establish a New Covenant and He would not only write His laws on their hearts, but would reveal Himself to them so each one would Know the Lord. Here, Jesus is revealing Himself in fullness to them not only as the Sacrificial Lamb, but also as the Bridegroom.

(You may learn more about this in our Haggadah, on the Passover page of our website.)

Kiddush is a word meaning "sanctification" or "holiness". The Kiddush is a prayer recited over the cup of wine. God uses the word cup many times in His Word. David rejoiced that his 'cup runneth over'. (Psalm23) The word of God speaks richly of the new wine that Yeshua brought. Psalm 116 says, "I shall lift up the cup of salvation and call upon the name of the LORD".

**Barukh atah Adonai Eloheinu melekh ha-olam, boray p'ree ha-gahfen.**

**Blessed art thou, O Lord our God, King of the universe, who creates the fruit of the vine.**

*(John 15:5)*

*"I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing."*



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## The Lord's Supper

Let us now fulfill the desire in Yeshua's heart that whenever we bless the bread and the wine we remember Him.

*(John 6:41)*

*"I am the bread that came down out of heaven."*

## Institution of the Lord's Supper

*(1 Corinthians 11:23-25 (NKJV))*

*For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." In the same manner He also took the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me."*

## Jesus Institutes the Lord's Supper

*(Matthew 26:26-29 (NKJV))*

*And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, "Take, eat; this is My body." Then He took the cup, and gave thanks, and gave it to them, saying, "Drink from it, all of you. For this is My blood of the new covenant, which is shed for many for the remission of sins. But I say to you, I will not drink of this fruit of the vine from now on until that day when I drink it new with you in My Father's kingdom."*



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## Sabbath Prayers

### Prayer to Welcome the Sabbath

From an Orthodox Jewish Prayer Book

Thine, O Lord, is the greatness, and the power,  
 And the glory, and the victory, and the majesty:  
 For all this in the heaven and in the earth is thine;  
 Thine, O Lord, is the Kingdom, And the supremacy as head over all.  
 Exalt ye the Lord our God, And worship at his footstool: Holy is he.  
 Exalt ye the Lord our God, And worship at his holy mount;  
 For the Lord our God is holy.  
 Magnified and hallowed, Praised and glorified,  
 Exalted and extolled above all Be the name of the Supreme King of kings,  
 The holy One, blessed be He, In the worlds which he hath created-  
 This world and the world to come-  
 In accordance with his desire, And with the desire of them that fear him,  
 And of all the house of Israel: Rock everlasting,  
 The Lord of all creatures, The God of all souls;  
 Who dwelleth in the wide-extended heights,  
 Who inhabiteth the heaven of heavens of old;  
 Whose holiness is above the Cherubim And above the throne of glory.  
 Now, therefore, thy name, O Lord our God  
 Shall be hallowed amongst us in the sight of all living.  
 Let us sing a new song before him, as it is written,  
 Sing unto God, sing praises unto his name,  
 Extol ye him that rideth upon the heaven,  
 Whose name is the Lord, And rejoice before him  
 And may we see him, eye to eye,  
 When he returneth to his habitation, as it is written,  
 For they shall see eye to eye, When the Lord returneth unto Zion,  
 And it is said,  
 And the glory of the Lord shall be revealed,  
 And all flesh shall see it together  
 For the mouth of the Lord hath spoken it.

**Prayer for Governmental Leadership**

From an Orthodox Jewish Prayer Book

He who giveth salvation unto kings and dominion unto princes, whose kingdom is an everlasting kingdom – may He bless (name current leaders of the land).

May the supreme King of kings in His mercy preserve the rulers lives, guard them and deliver them from all trouble and sorrow. May He put a spirit of wisdom and understanding into their heart and into the hearts of all their counselors, that they may uphold the peace of the realm, advance the welfare of the nations, and deal kindly and truly with all Israel. In their days and in ours, may our Heavenly Father spread the protection of peace over all the dwellers on the earth; and may the Redeemer come unto Zion; and let us say, Amen.

**Havdalah prayer**

Taken from Sephardi Prayer book, the prayer book of the Sephardi, the Spanish and Portuguese Jews. Havdalah is prayed Saturday evening at the end of the Sabbath. It is a blessing to start the new work week.

**Sovereign of the Universe, Father of mercy and forgiveness**

**Grant that we begin the working days  
Which are drawing nigh unto us, in peace;  
Freed from all sin and transgression;  
Cleansed from all iniquity, trespass and wickedness  
And clinging to the study of thy Teachings  
And to the performance of good deeds.**

**Cause us to hear in the coming week  
Tidings of joy and gladness  
May there not arise in the heart of any man envy of us,  
Nor in us envy of any man.  
O, our King, our God, Father of mercy,  
Bless and prosper the work of our hands.**

**And all who cherish towards us and thy people Israel  
Thoughts of good, strengthen and prosper them  
And fulfill their purpose; But all who devise against us and thy people Israel  
Plans which are not for good, O frustrate them  
And make their designs of none effect;  
As it is said, Take counsel together, and it shall be brought to nought;  
Speak the word, and it shall not stand; For God is with us.**

**Open unto us, Father of mercies and Lord of forgiveness  
In this week and the weeks to come,  
The gates of light and blessing Of redemption and salvation,  
Of heavenly help and rejoicing, Of holiness and peace,  
Of the study of thy Torah and of prayer.**

**In us also let the Scripture be fulfilled:  
How beautiful upon the mountains  
Are the feet of him that bringeth good tidings  
That announceth peace, The harbinger of good tidings,  
That announceth Salvation; That saith unto Zion  
Thy God reigneth! Amen**