



How Others Celebrate Shabbat

Steve and I have traveled to many different Shabbat gatherings over the years. Let me tell you; there are as many different ways of celebrating Shabbat as there are different peoples. I believe that is a good thing!

Knowing we are each uniquely and wonderfully made, why wouldn't each of us have a unique and wonderful way to celebrate? You see- we are not cookie cutter persons. With that, we should know we have the freedom to be creative to make experiences that are meaningful and special to us as individuals.

Let's look at some ways many of you celebrate Yah's set apart day. Maybe some of these will inspire you for your next Shabbat! Keep in mind that because we are made up differently, not everything will seem inviting to do. While for one person, decorating with beautiful finery a Sabbath dinner table excites and ignites energy, for another, it only brings stress and steals the joy from the day.

Be true to yourself and instill in this set apart day that which enriches your heart and mind each week. It is not worth doing anything which may cause stress and create an atmosphere that slowly breaks down the day of rest.

So, if you choose to incorporate any or all of these to-dos in your day and it only brings chaos or a short temperament, then throw it out! We are not carbon copies, and we do not need to attach ourselves to the traditions of *others*.

For you who have ever felt or wondered what are some things you can do to make this day be set apart, here are a few ways we have experienced Shabbat in other believers' homes.

Candles, Shofar, and Prayers

Create a beautiful atmosphere with the lighting of candles and welcome in the Sabbath with special Shabbat blessings. It is a special way to mark the beginning of the day. Blow the shofar and rejoice that Shabbat has arrived. Parents, pray over each of your children and bless them. It is a blessed moment when your loving words uplift your child and encourages their personal relationship with Yah.

Torah Portions

Gather together to read (or listen to the audio version) of the Torah Portions. These specific portions or "Parashat" of designated scripture are readings that help many feel connected with other believers around the world as they study the same topic "together."

Teachings

Ask someone that has the heart to teach or lead in the study of the scriptures. Some families or groups choose to listen to a teaching online. They enjoy hearing and learning from a particular teacher who gives them a topic of study to test out for themselves.

Worshipful Music and Dance

For you who are blessed with incredible talent, come together with instruments and song. This is one area that I would love to incorporate! It is such a joy for me to get to sing praises to our Heavenly Father with like-minded believers. If the talent is lacking, then you can use music selections from favorite artists available on many forms of media.

Fellowship

Gather with others who share the same walk as you in pursuing Yah's instructions. It is so good to learn from one another and lift one another up in prayer. It builds and strengthens our walk. We need one another. You can have a small family gathering all the way to a large multi-family and friends or community. I realize that many of you do not have like-minded believers close. If you are one of these and long for fellowship, I encourage you to be persistent in prayer for Yah to connect you with others. Look for a social media outlet that can help bridge that gap for now. Until He brings fellowship, remember, there is a season for everything. Seize the moment you are in and grow where He has planted you.

And of course, Crockpot Dinners!

The crockpot is an amazing invention for us sabbath keepers! Let me tell you though; challah bread, boiled eggs, cuts of cheese, veggies, and dips, are easy too. It doesn't have to be a full course meal to eat and be satisfied on Shabbat. Exquisite dinners are lovely but not if it takes away the joy we have looking forward to Sabbath each week. Prepare the types of food that bring out the best of you.

These are just a few of the many different ways that others celebrate the Sabbath. There is not one aspect better than the next which makes this day "set apart." The wonderful thing about doing any of

these is you are making traditions in your home that are meaningful to *you*. You are creating beautiful memories for yourself and for those whom you call “family.”

Whether you choose to make new traditions or simply have no driven agenda at all, it is what makes Sabbath set apart for you.

Create *your* memories and celebrate!

Genesis 2:3 And Elohim blessed the seventh day and set it apart because on it He rested from all His work which Elohim in creating had made.

Growing in Him,
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