

Shabbat Summary

Ref: *Sefer Zemanim, Hilchot Shabbat, Chapter 30*

There are 4 dimensions to *Shabbat*

- *Zachor* (Remember) – *Kidush* and *Havdalah*
- *Shamor* (Keep) – Don't work
- *Oneg* (delight)
- *Kavod* (honour)

Deoraita

Neviim – explained in this chapter



KAVOD (HONOUR)

- Washing in hot water before *Shabbat*
- Get dressed in fine clothes
- To limit one's meal before *Shabbat*
- Prepare table with food and *Shabbat* candles
- Other works to prepare house

ONEG (DELIGHT)

- Pleasant foods and drinks
- Eat 3 meals
- Not to travel long distances on Friday
- Sexual relations
- We do not cry out to *Hashem* on *Shabbat*. The spirit of *Shabbat* is rest and spiritual pleasure.

Reminder:

Mourning on Shabbat, Festivals and other Holy Days
Ref: *Sefer Shoftim, Hilchot Evel, Chapters 10 & 11*



Observance of *Shabbat* is equivalent to observing all the *mitzvot*.

It is stated 'Whoever observes *Shabbat* fully and honours it and delights in it according to his abilities, will receive rewards in this world in addition to the rewards in the World to Come'

And 'You will then delight in G-d, and I will cause you to be part of the high places on earth, and I will nourish you with the inheritance of *Yaakov*, so says *Hashem*'