

TBAT know that Shabbat is the main holy day for Jews.

What did we learn about Judaism last week?



TBAT know that Shabbat is the main holy day for Jews.

Who knows what the days of the week are?

How do we split the week into sections?



How do you spend your weekends?

What is your favourite weekend activity?

For Christians, which day is the day of rest?

TBAT know that Shabbat is the main holy day for Jews.

For Jews, **Shabbat** is the **Hebrew** name for the seventh day of the week, which they keep as a holy day. It begins at sunset on Friday. In Jewish homes, two **Shabbat candles** are lit and the family sings a **prayer** called the '**kiddush**', before supper. On Saturday morning many Jews go to **synagogue**. Shabbat ends just after sunset on Saturday.



Watch what happens during Shabbat for this Jewish family:

[Celebrating Shabbat at the synagogue - KS1 Religious Education - BBC Bitesize](#)

Shabbat at home

[Celebrating Shabbat in a Jewish home - KS1 Religious Education - BBC Bitesize](#)

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Why is Shabbat special?



What are the special routines connected to Shabbat?

What special objects do Jewish people use on Shabbat?

Is there any special food connected to Shabbat?

Why do Jews feel it is important to have a time of rest?

What makes a rest day a holy day for Jews?