

# GATHER THE PEOPLE

Torah-Based Community Organizing and Development

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## FAMILY SIDDIR STUDY: LESSON PLAN 19

**WE’LL CONTINUE TODAY STUDYING THE AMIDAH, THE PRAYER WE SAY STANDING, ON PAGE 36.**

- Someone please read the first five words in Hebrew at the top of the page.
- It begins אַתָּה קִדַּשְׁתָּ אֶת־יּוֹם הַשְּׁבִיעִי.
- The English translation—“You *sanctified* the seventh day”—is okay, until it gets to that Hebrew word (לְשִׁמָּה), which means “for Your Name’s sake,” which we’ll talk about in a couple of minutes.

**NOW THE FIRST QUESTION IS THIS:**

- *What’s the “seventh day” that God sanctified?*
- *And what does it mean that it was “sanctified” or made holy?*
  1. The Hebrew word for “You sanctified” is קִדַּשְׁתָּ.
  2. Remember, almost all Hebrew words have a שׁוֹרֵשׁ, three root letters, which tell us the basic meaning of the word.
  3. *Does anyone remember the שׁוֹרֵשׁ of the word קִדַּשְׁתָּ and what they mean?*
- The שׁוֹרֵשׁ of קִדַּשְׁתָּ is ש-ד-ק, like קִדּוּשׁ, which means “holy.”
- *Does anyone remember what we said last time about how something that’s קִדּוּשׁ or holy is special in three ways?*
  1. It is set apart or separate from other things
  2. It has a special purpose to serve God
  3. It is something to which we are completely devoted

**SO THE FIRST TWO WORDS OF THIS PART OF THE עֲמִידָה, THAT GOD SANCTIFIED THE SEVENTH DAY, TELL US THAT GOD SET שַׁבָּת APART FROM THE OTHER SIX DAYS IN THE WEEK FOR A SPECIAL PURPOSE.**

- *Can you think of any ways in which שַׁבָּת is set apart from the other six days?*
  1. *Are there special things we’re supposed to do on שַׁבָּת?*
  2. *Are there special things we’re not supposed to do on שַׁבָּת?*

- *Can you think of what special purpose God might have in mind for שַׁבָּת?*

**MAYBE WE CAN FIND THE ANSWER TO THE SPECIAL PURPOSE FOR שַׁבָּת BY FIGURING OUT WHAT IT MEANS THAT GOD SANCTIFIED THAT DAY לְשִׁמְךָ—FOR THE SAKE OF GOD’S NAME.**

- Last time we talked about God’s names—that there are quite a few!
- We said that one reason God’s name is קְדוּשָׁה is because God gave *us* the power and free will to create a world in which it’s possible to have righteousness, truth, justice, freedom, peace, and kindness.
- *So why might God have set apart the שַׁבָּת from the other six days in the week for a special purpose, for the sake of His Name?*
- Maybe God set aside one day in the week for us to *learn how to behave* so that the world will in fact be full of righteousness, truth, justice, freedom, peace, and kindness.

**SOMEONE PLEASE READ THE NEXT SEVEN WORDS IN HEBREW ON PAGE 36, BEGINNING WITH תְּכַלִּית מַעֲשֵׂה.**

- It reads: תְּכַלִּית מַעֲשֵׂה שָׁמַיִם וָאָרֶץ. וּבִרְכַתוֹ מִכָּל־הַיָּמִים.
- The English translation in our Siddur is kind of wordy, so I’m going to translate it a little differently:
- “You finished making heaven and earth. You blessed *it* (the seventh day) of all days. . . .”
- So this phrase is telling us that God blessed the seventh day, שַׁבָּת, because it was the end of God’s creating all of creation.

**DOES ANYONE KNOW THE MEANING OF THE שׁוֹרֵשׁ OF שַׁבָּת?**

- That’s pretty easy because שַׁבָּת only has three letters: ש-ב-ת.
- *What do they mean?*
- They mean that we should stop working, stop creating and fixing, as God stopped.
- So God blessed the seventh day because God had stopped creating the universe.
- And, of course, that’s why we call the seventh day שַׁבָּת.

**THE TORAH TEACHES US THAT GOD SET ASIDE ONE DAY IN THE WEEK, שַׁבָּת, FOR A SPECIAL PURPOSE.**

- God stopped working on that day and rested.
- God set aside that day for us to learn how to behave so that the world will be full of righteousness, truth, justice, freedom, peace, and kindness.

- What do you think is the most important thing to do on **תּוֹרַת** to make that happen?
- Here's a hint: it's the same thing that God did on the seventh day—stop doing our regular work!

**WHAT IS OUR REGULAR WORK THAT WE DO THE OTHER SIX DAYS IN THE WEEK?**

- *What might we stop doing?*
- *What might we do instead to create a better world?*

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