

Sabbath Day

For my spiritual aid I chose to use the rituals of the Sabbath day and its rules. I can not lie after reading how relaxing the Sabbath day seemed I wanted to use it for some relaxation, but actually did not. After completing this task I understood what it was representing and why Jews perform this every week. Upon the end this week I can honestly say Judaism has really opened a newer insight of the religion into my life than I had before.

Prior to the ritual, since no work can be done on the Sabbath, I cleaned the yard and straightened up the house. Initially the ritual began on the night-fall of Friday, no later than 18 minutes before sundown. I lit a candle to prepare for "her" coming, as most Jews look as the Sabbath day coming as a divine feminine presence. During last night I prepared a nice Italian meal with grape juice. My kids actually thought I was kind of crazy for doing everything, but I asked them to just go with it and explained why I was doing it. I advised them that we light the candle to remind us that when God created the world his first step was to create light.

Next I told my kids how much I loved them and that I thank the Lord for such blessed children I have. My son actually liked it and my daughter kind of had a huge smile. I told them this step is there to remind me how lucky I am to have such great children in my life. I have a feeling this dinner won't be forgotten by them.

For our next step we poured the grape juice in a large glass to represent the Kiddush blessing and we all drank from it. As I said before my kids and I had a smile for all that was going on since this is actually a new thing. For the majority of our lives we were Roman Catholics, but we recently changed our membership, to join the non-denomination church "Chose Life". Once the Kiddush was complete I told my children to wash their hands and prepare for dinner as I did the same.

While eating dinner I advised my children that we would not do anything on Saturday and that no additional duties would be done inside or outside. To their surprise and a sign of joy they told me how nice that would be for once since I've had them always doing chores. The only actual part that I can say would be against the Sabbath was that my daughter had a volleyball tournament for the day, but I did stay home and study the Bible, world religion, and Revelation and Apocalyptic theory for college.

During my Sabbath day (Saturday morning) I lay in bed for a while, then got up and ate a bowl of cereal since cooking of any animal is forbidden. Even for my lunch all I had was a sandwich and chips which again made my kids think I was crazy, but I told them if you're going to do something, try your best to do it. Through the afternoon I had my kids try to read a book since the Sabbath was intended for holy study, but after awhile I let them go ahead and watch TV. I did have them read sections of Genesis to help them understand the creation of how we came to be, so I hope the minor attempt was good enough for their Sabbath day experience.

Through-out the whole day I tried leaving most of my electronics off, to include my cell phone, but for some reason I always needed something or had to operate an appliance. Thank God for a cool day since I even turned my AC down a little.

Another area I was reluctant to recognize was not driving my truck. While researching in some areas on the net I read that driving would even be against the Shabbat. In today's day and age who wouldn't want to drive their car where they needed to go. So to my advantage I was happy I had my son driving already and made the trips to take my daughter to her tournament.

So all day I can honestly say I have focused on my study of World Religion and another theology course I am taking. I have read numerous parts of Revelation, and actually sat down with my son explaining to him why I am doing what I'm doing. I know the ritual requires a Torah, but I hope that in my case these religious studies would be OK. I have to admit that not sitting on my couch watching college football all day has been something to remember since it is one sport I pretty much hold religious to myself.

In closing I have to admit that a day which I thought would be relaxing was actually not what I had expected. I attempted to go by the steps as best that I could possibly go, but there are so many Mitzvah rules about things to avoid that quite honestly I can't see how the Jews perform this every week. I can't say this is impossible, but this ritual is a true way of life and is a complete detailed process to follow.

There are so many items we take for granted such as our cell phones, cars, shopping, work, and last but no least

food. Based on the reasons why the Jews perform this ritual it shows that the simple things in life are what matters, and how much our modern technology has turned us away. These last 25 hours were a brain-changer and proved to me what changes I need to make in order to help my children understand why the Lord rested on the seventh day as we were intended.

I think in the future I want to help my children and myself understand the Holy Bible more and maybe take a decent amount of time to have a study group. The Jewish ritual of the Sabbath showed me that you should take the time to let your family know how much of a blessing they are and how much they mean. It is important to place your studies in the Master using your Bible as the Jews use their Torah. I just appreciate these past two days to help me understand a different view in life and broaden my understanding of the Jewish religion.

Resources

<http://www.aish.com/sh//48971331.html>

http://www.chabad.org/library/article_cdo/aid/95907/jewish/The-Shabbat-Laws.htm

<http://judaism.about.com/od/sabbathdayshabb2/>