

### **Melava Malka:**

1. The Melaveh Malkeh is also called the meal of King David.
2. Men, women, and children old enough to be trained in mitzvos are obligated to eat Melava Malka.
3. Melva Malka should be fulfilled as soon after Shabbos as possible. If one isn't hungry one may have it later but shouldn't do an established activity before having Melveh Malka. However, certainly one shouldn't delay it past Chatzos of the night. However, if one did delay past Chatzos one may still fulfill it until dawn.
4. A person should spread a tablecloth and set his table nicely on Saturday night even if one only plans on eating a Kezayis so as to respect the exiting of Shabbos.
5. Even though many aren't careful about it, a Yireh Shamayim (a G-d fearing person) should make an extra effort to keep it.
6. Although it is important, melava malka is not quite as important as the three shabbos meals, meaning if you can't afford to eat melava malka unless you eliminate one of the shabbos meals you shouldn't do that.
7. In the future, a person will be resurrected using a bone located in one's spine. This bone is called the Luz and is fed only with food eaten at a melava malka.
8. Melava Malka is a Segula for women to have easy childbirth.
9. The extra soul that one received on Shabbas stays with a person until he finishes Melava Malka. With that in mind it is proper to keep the clothing of Shabbas on until after Melava Malka.
10. One should eat with specific intent that it should be for the meal of Melaveh Malka, preferably saying this expressly.
11. One should try to eat bread for Melava Malka, but if he cannot then cake is sufficient. If he cannot even eat cake he should at least have some fruits or vegetables.
12. One should have new foods that were not eaten on Shabbat by the meal of Melava Malka. One should try to have hot foods and hot drinks at this meal. The Talmud writes that hot foods and hot drinks on Saturday night bring healing to the body.
13. Some have the custom to light candles and sing special zemiros on motzaei shabbos after Havdalah.
14. The great guest at this meal is the prophet Eliyahu and the most popular of all of the Shabat-ending songs is the one that is dedicated to him. Another standard hymn that is sung at the Melave Malka meal is entitled Al Tira Avdi Yakov - "Jacob, my servant, fear not!"
15. There are those who say Al Naharos Bavel like any other weekday, and there are those who say Shir Hama'alos, as on Shabbos, as long as the benching was recited before Chatzos
16. At the end of Birchas HaMazon for Melava Malka, some authorities hold that one should say say "migdol yishuot malko" like on shabbos itself, instead of "magdil yishuos"while others say that one should say the regular "magdil yishuos" on Melava Malka just like during the week.