

## **Preparing For Shabbos:**

### **Hashkafa of Shabbos / Erev Shabbos:**

1. Shabbos is the key to Judaism
2. Purpose of Creation for Hashem to bestow pleasure of Dveikus to people, which is primarily found in Olam Haba
3. Hashem wants us to taste this pleasure in Olam Haze.
4. “Az Tisaneg El Hashem” –Dveikus is the whole point of Judaism
5. Dveikus is the theme of Sefer Dvarim.
6. Not enough to do Mitzvos – but Dveikus.
7. Shabbos is the Taste of this Dveikus in Olam Haba
8. One’s Jewishness depends on how much Oneg you feel from Hashem on Shabbos
9. If you don’t feel this Dveikus in this world, you won’t get Dveikus in Olam Haba.
10. The experience will be like a bench – no miraculous presto change when you die.
11. So Shabbos is not only one of 613 Mitzvos – But is everything as it relates to Dveikus and Olam Haba

12. Judaeo Christian Ethic – we can not compare Sunday to Shabbos.
13. “Matana Tova Yeish Li B’otzarai – Veshabbos Shmo.” This is the optimal day to feel dveikus – so then we can hope it will spread into the week.
14. Do Jews love to pray? Do they love to say Tachanun? Talking in Shul. Robotic practice.
15. Challenge: To move from 6 days of Chol and transition into the Shabbos from one extreme to the other. Expand. Especially as we are comfortable in 6 Days of the Week – but not comfortable with Shabbos- dveikus.
16. Yosef & Brothers – Challenge of bringing spiritual people into very mundane world – polaric extremes
17. Breishis 46;28 – Yaakov Sends Yehuda to “Goshna” – why not LeGoshen ?
18. Neis Gadol Haya Sham.
19. We need a transitional Midah to transition FROM ONE EXTREME TO ANOTHER.
20. Go over the 10 Sefiros – explain YESOD. Bounding.
21. Lecha Hashem as Hagedula...Ki Chol Bashomayim VaAretz

- 22.Yismichu Hashomayim Vesagel Haaerta – YHVH – merging polaric extremes of Shomayim Vaaretz – g-d has 2 worlds that as different as they are, they are meant to be connected.
- 23.Tzadik YESOD Olam – is Yosef HaTzadik.
- 24.Tzadik – Keitz – Dy – Keitz is “extreme” – there is enough extremism – must come together.
- 25.Yosef can bring the 2 worlds together
- 26.2 Dreams of Yosef of Grain and Stars – both worlds of Shomayim Vaaretz – and to merge them.
- 27.This was a challenge to Yosef – to be successful in both worlds. Describe his success.
- 28.Yosef is the Renaissance man, and we can see how his brothers would resent him. Both of the extreme realms don’t understand his blending both worlds. Neither the brothers and Mitzrim.
- 29.Man of Yesod gets resistance from all sides.
- 30.Yosef studies Torah under father, does not forget his Torah – but can run the Egyptian economy. Gets Egyptians to circumcise themselves.
- 31.Eglah Arufa – the neck that merges head and body.

- 32.Yosef learns 70 new languages.
- 33.Yaakov has the best 17 years of his life ONLY in Mitzraim.
- 34.So how did Yosef Succeed in merging the 2 worlds?
- 35.Yosef told Paroah to get an “Ish Chachom Venavon.”
- 36.Chacham – is one who SEES the future – not just understands it.
- 37.SEEING the future right now – the hunger – while enjoying the plenty.
- 38.This was a skill to live in 2 realities at the same time.
- 39.During the plenty, he can look at a piece of grain, and see it saving people’s lives in the future.
- 40.Yosef SEES the later destruction RIGHT NOW during the plenty.
- 41.This is a Moshol to life. 70 years of plenty to do Mitzvos, You need to be a Chacham to see the future world.
- 42.Power of SEEING is Yiras Hashem. Reishis Chochma – Yiras Hashem. “Ki Yorei Elokim Anochi”
- 43.Yiras Hashem is having a broad vision of consequences, an awe of the emerging reality,

based on seeing past and future, and understanding the present.

44.This is the Mida of Yesod that Yosef had to learn.

45.Seeing both worlds at the same time.

46.That is Yesod – Bonding with people also requires seeing both parties at the same time – not just yourself – but the other person as well – living in both worlds.

47.If you know where both worlds are coming from – you can bond.

48.A person must live in past , future, and produce the moment.

49.First 8 Midos are great, but if it does not take us to Malchus – no good. So you need Yesod to bond the first 5 with the 7<sup>th</sup>.

50.A Tzadik must be able to give Hashem credit all the time. “Biladai.”

51.Connection to Shabbos

52.Mystical 3D to connect physical and spiritual realm.

53.Time requires transition from 5 days to Shabbos.

54.We may have won the battle of Shabbos, but lost the battle of Erev Shabbos.

55. Our challenge now is to win the battle of Erev Shabbos, because we now have weekend on Shabbos/Sunday.
56. Many Jews have turned Shabbos into a physical day of recuperation.
57. We may be Shomer Shabbos – and Oneg Sunday – but not Oneg Shabbos. Shabbos is becoming Erev Sunday.
58. Chazal – every day has a partner – not Shabbos.
59. Other days – Yom Rishon, Sheini – But Erev Shabbos
60. Areiv : guarantor, pleasant
61. Erev Shabbos has no definition – is a transitional day from 5 days of Chol to Shabbos.
62. Without Erev Shabbos, you don't have 5 days or Shabbos properly – either one.
63. Friday is a synthesis of 5 days and Shabbos – must be different than any other day.
64. 5 Days of Chol – Come from Choleh – sick – WEAK DAYS.
65. So by Hadlokas Neiros, you are really lighting the Mitzvos of the week, after Teshuva has happened.

66. After all the preparations, you are a Tzaddik Yesod Olam..

### **Preparing For Shabbos:**

1. It is a Mitzvah to make as many preparations for Shabbos as possible by yourself. [even if you have the availability of take-out food and many housekeepers]
2. Parents should see to it that on Friday, each child should do a household chore in honor of Shabbos.
3. You should eagerly make preparations for Shabbos and scurry about excitedly, like a person who is told that a queen or a bride and her entourage are coming to lodge in his/her house.
4. Before you buy things for Shabbos, or when you prepare something for Shabbos, you should say, "I'm buying or doing this in honor of Shabbos."
5. Take a few moments to mentally prepare yourself for Shabbos. Be mindful that you are about to be the host of the King of all kings.

With a proper mental attitude, you honor Hashem.

### **Preparing the Shabbos Food:**

1. We should honor the Shabbos in the best possible manner with the most delectable food and drink.
2. The way we prepare the special Shabbos dishes – from shopping to baking to tasting the food – is a clear indication of how we honor Shabbos.
3. Women should make Challah in honor of the Shabbos. They should remember to do the Mitzvah of separating “Challah” from the dough.
4. It is a custom to place the Challahs on the Shabbos table as soon as they come out of the oven, in honor of Shabbos.
5. It is best to do your shopping during the week as close to Shabbos as is practical and possible. The ingredients that can be prepared quickly should be bought on Friday, but the ingredients for dishes that take a long time to prepare should be bought on Thursday, so there is enough time to get them ready. [If it is not



possible to buy the items even on Thursday, one may purchase them earlier in the week.]

6. One should not spare expense when making purchases for Shabbos. One should make sure to serve fish, meat, wine, or other sweet beverages that he does not drink during the week, at each of the Shabbos meals.
7. It is preferable to get up early on Friday morning to make preparations for the Shabbos meals. [If it is not possible to do it then, one can prepare at a different time.]
8. It is a Mitzvah to sample and taste the dishes that are prepared for Shabbos. Preface it by saying “Olamcha Tir’eh Bechayecho” – “May you merit to see your world in your life time.” Or “Toameha, Chaim Zachu” – “Those who taste it, merit life.”
9. 2 ½ Halachik hours before Shabbos, one should refrain from eating a regular meal, so that you will have an appetite for the Friday night meal. One may eat a snack after that time.

### **Wearing Shabbos Clothing:**

1. One should wash and launder clothes on Thursday, and not wait until Friday, so there

will be enough time to prepare the Shabbos meals. [If it is not possible to do it on Thursday, do it when you can.]

2. Immediately after bathing in honor of Shabbos, one should get dressed in special Shabbos clothes, as you respectfully await the arrival of the Shabbos.
3. Women should follow this custom, and light the Shabbos candles while in their special Shabbos clothes and shoes, in honor of Shabbos. Women should take care to wear dressy shoes for Shabbos, and avoid wearing slippers.
4. One should examine his/her clothes before Shabbos, to see whether there is anything in them, so that he will not come to carry on Shabbos or carrying Muktzah.
5. One should put on his Shabbos clothes shortly before the onset of Shabbos. One should not put on Shabbos clothing only on Shabbos morning.

### **Final Shabbos Preparations:**

1. Just as you are rewarded for making all the preparations for Shabbos, so you are rewarded for finishing them on time, so when Shabbos arrives – everything is ready.

2. It is important to avoid strife and argument, despite the pressure of the approaching Shabbos. Be careful not to trigger any argument or fight in the last minutes before Shabbos. Instead, seek to smooth things over and make peace in your home,
3. It is customary to buy flowers in honor of Shabbos.
4. It is a custom to sharpen the knives on Friday.  
[when required]
5. It is a custom to spread a white tablecloth over all tables in the house – even the kitchen table.
6. One should set the table on Friday.
7. On Erev Shabbos, you should tidy the house, the lights should be on, and the beds should be made.
8. It is a Mitzvah to cut one's nails every Friday – not on Thursday. The nails should not be cut in a straight order. The nails should be thrown away in a safe place. Afterwards, you should wash your hands one time.
9. It is a Mitzvah to get a haircut / shave on Erev Shabbos, if needed.
10. It is customary for men to go to the Mikveh after Halachik midday. The closer to Shabbos one goes to the Mikveh, the better. There are

different customs about how many times one should immerse, ranging from 2-14 times.

11. It is a Mitzvah for both men and women to take a warm bath or shower on Erev Shabbos. When bathing, one should have in mind that he is fulfilling the Mitzvah of the sages, and that the only reason he is bathing is in honor of the Shabbos.
12. If at all possible, one should take a nap on Friday to ensure that one is rested at the Friday night meal. This is considered a key preparation for the Shabbos. The Sanzer Rav told people to sleep for two hours. Even if you cannot fall asleep on Friday afternoon, you should at least lie down for half an hour with your eyes closed.
- 13. Make sure that all the food you plan to eat for dinner is on the stove / in the oven, etc. before Shabbos begins. All boxes, bags, containers, bottles should be opened before Shabbos. All lights and timer switches should be on before Shabbos. All lights and electrical devices that you want off for Shabbos should be turned off before Shabbos, especially the refrigerator / stove lights and the alarm system.**

14. The Baal Shem Tov says that as Shabbos arrives, a person should act as if he is no longer alive in this world – that is, he should cast off all worldly concerns. This is the ideal way of preparing for Shabbos.

### **Beginning Shabbos Early:**

1. It is praiseworthy for a person to add several minutes before sunset from the weekday to the Shabbos. i.e. accept the holiness before the last possible minute of sunset. This is called “Tosefes Shabbos.”
2. On Friday afternoon, from 2 ½ Halachik hours before sunset, the Sages prohibited working in a workshop or doing business that is not needed for Shabbos.
3. Make a Cheshbon Hanefesh – a spiritual accounting of the past week.
4. One should spend some time doing Teshuva before Shabbos begins.
5. Learn Torah – specifically make sure you have reviewed the Torah portion twice with a translation one time more. Prepare what you will do and say at the Shabbos table.
6. Recite Shir Hashirim – “Song of Songs.”

7. Come to Shul early /Lights candles early and anticipate the arrival of Shabbos.
8. In most cases, if a husband brings the Shabbos earlier in Shul [such as in the summertime], the wife may still make Shabbos reparations until the regular lighting time. Similarly, when the wife kindles the Shabbos lights, the husband does not have to accept Shabbos at that moment.
9. **From all the laws and customs we have learned so far, if it is at all possible, it would be optimal for women to not go to work at all on Fridays and for a man to not work after Halachik midday; thereby leaving sufficient time to prepare for and be prepared for the Shabbos properly. This is a key element for a “Fantastic Friday Night” experience.**
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