

## Feasts of the Lord: Lesson Plan 2

### Sabbath

#### Preparation:

- \_\_\_\_\_ Table set up with cider (in place of wine), cup, tablecloth, challah, cover, candles, matches, pitcher and bowl, towel, spice box.
- \_\_\_\_\_ cups for kids, napkins, butter, knives
- \_\_\_\_\_ review papers run off and cut
- \_\_\_\_\_ feast days books
- \_\_\_\_\_ Bibles and cards marking the right pages if kids can't find things
- \_\_\_\_\_ sample calendar
- \_\_\_\_\_ art supplies
- \_\_\_\_\_ songbooks

1. Attendance. Anybody see the 3D images in the poster? Do you remember why I brought the poster?
2. Memory work and review questions. First commandment. Exodus 20
3. Go over questions to review last week's lesson.
4. What happened before the 10 commandments and feasts were given by God?  
Abraham, Isaac, Jacob, Joseph to Egypt, Israelites to Egypt, 400 years, slavery, Moses called, plagues, Passover, Red Sea, Mt. Sinai
5. Read Leviticus 23. Mark feasts on Hebrew calendar.
6. Pass out Feasts books. Dates of our holidays page. Mark on calendar.
7. Compare 1446 B.C. with dates our holidays began.
8. Pass out Bibles. Read Sabbath verses.  
First mention: Exodus 16:4-5 Bread from heaven.  
Ten commandments: Exodus 20:8-11  
Even slaves and animals: Deut. 5:14-15  
Son of Man Lord of the Sabbath: Matthew 12:8  
Sabbath for man, not vice versa: Mark 2:27  
Come you who are weary: Matthew 11:28-29  
Sabbath rest for people of God: Hebrews 4:9-11
9. Feast books, p. 5 and songbooks  
Preparation for Sabbat
10. 18 minutes before sundown Friday
  - a. Woman lights candles and says blessing
  - b. Father wears tallit and goes to synagogue
  - c. Song, "The Lord Bless You", #200
  - d. Read Proverbs 31, husband recites this to his wife
  - e. Wine and blessing
  - f. Wash hands
  - g. Bread and blessing
11. Havdalah: 42 minutes after sundown Saturday, 3 stars visible
  - a. wine poured, spilled over

- b. spice box
  - c. extinguish candles in wine
  - d. Sing "In His Time" #179
12. Symbols:
- a. Two candles: creation/redemption, 2 births, work/rest, man/God
  - b. Wine: joy, blood of Jesus
  - c. bread: manna, body of Jesus
13. Calendar page.
- a. Color: candles are white, other parts of picture (challah, etc.)
  - b. Put finished paper in your file.

**Bessamen** (to end the Sabbath)

1 cup sugar  
1 tbsp. grated orange peel  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp cardamon  
1/8 tsp ginger

Heat oven to 200°. Mix all ingredients in 8" x 8" pan. Heat in oven, stirring occasionally, 15 minutes. Cool pan on wire rack. Pour *cooled* combination into blender. Blend on low speed until sugar is fine. Store in tightly covered jar in cool, dry place. Use to sweeten applesauce, fresh apples, or sprinkle on pancakes or French toast. You might also like to try it as a sweetener in your tea.

If this is too much trouble, prepare any mix of nice-smelling spices.

## **Challah** (Sabbath Bread)

2 packages dry yeast  
2 cups warm water  
1/4 cup sugar  
1/4 cup oil  
4 tsp. Salt  
3 eggs, slightly beaten  
7 1/2 cups flour

Take a large bowl and pour in 2 cups warm water. Take your time testing to make sure it is *warm*, not hot, lukewarm or cool. Soften the yeast in the water. Add sugar, oil, salt. Blend in the eggs (reserve 1 tbsp of white for brushing). Add 3 cups flour—beat well to avoid lumps. Let it rest about 5 minutes. Gradually add the rest of the flour (4 1/2 cups). Oil the table or board you will use and your hands and knead the dough about 10 minutes.

Put the dough back into the bowl, cover with a clean cloth and leave in a warm place. Let rise about 1 1/2 hours. Shape. Braid on cookie sheet. If you sprinkle cornmeal on the bottom of the pan, the bottom of the loaf comes out textured. Brush top with egg. Sprinkle with poppy seeds or sesame seeds. Let raise 1 hour. Bake at 375° for 30-45 minutes. Tap the bottom of each loaf. When there is a hollow sound the bread is done.

This makes two very large loaves or three average sized loaves. I braid two for the Sabbath table and make one loaf in a regular bread pan.

Variation. Take three smaller strands and braid them together. Lay them over the top of the large braided loaves. This makes a very impressive loaf of bread.

2 loaves are needed.