
EXPLORING SHABBOS

Learning Goals

1. NCSYers will consider the contrast between rest and work – being vs. becoming.
2. NCSYers will understand that “rest” is much more than inactivity.
3. NCSYers will recognize that we a lot of time worrying about the future instead of the present.

Advisor Toolbox:

VIDEOS/ARTICLES

- Modern Family and Shabbos - <https://tinyurl.com/ModernFamilyUnplug>

DISCUSSION QUESTIONS

- What does Shabbos look like in your home?
- What is the point of Shabbos?
- Do you like Shabbos?
- What is work? Do athletes work? Do doctors work? NCSY Summer Advisors?

A Little Explanation

1. The Modern Family video is a cute video about the family not using technology. A great opening to a discussion about refraining from *Melachah* (creative actions) during Shabbos.
 - a. A question that remains in this whole session: “[Is refraining from Melachah the best way to rest?](#)” And remember that most TJJ teens don’t (yet) keep Shabbos.
2. This session highlights that Shabbos is the essence of creation, and because it is the essence of creation, it is our opportunity to connect to ourselves.
 - a. The South Korea article shows, and the “Bring Back the Sabbath” paragraph accentuates that point.
 - b. The quote by Heschel addresses is most directly – Shabbos is about being, not becoming. Guide the teens to recognize that we spend a lot of our week working *toward* something, on Shabbos we focus on the here and now.
3. Kiddush and Havdala are the bookends of Shabbos, and highly recognizable for TJJ teens. Rav Tzaddok’s comment is consistent with the language Rambam uses that Kiddush and Havdala both serve the same function: to end the previous time and start the next. The beauty is: Havdala is the Kiddush for the week!
 - a. Takeaway – our rest and our work are more effective when we create a contrast.

A worthwhile thought to share if it fits with your discussion:

The passuk says: ושמרו בני ישראל את השבת – “And the Children of Israel kept/guarded the Shabbos.” Many have noted that you can translate the passuk slightly differently – “Shabbos kept and protected the Children of Israel.”

- Ask the teens: Where do you think that idea comes from? Do you agree?

For a story that highlights this idea, see the “Good Shabbos Dave” story

<https://tinyurl.com/GoodShabbosDave>.

Another story about Shabbos Candles and Shabbos/Jewish continuity:

<https://tinyurl.com/NYTimesShabbos>