

Name: Ann Serky

**Judaism Through Food**  
(RELST 181)

WORKSHEET #2

Shabbat

*According to Jewish sacred text, ...*

1. ... the new day begins at sunset.
2. ... even though Abraham prayed in the morning (B'reshit [Genesis] 22:3), Isaac prayed in the late afternoon, before sunset (B'reshit [Genesis] 24:63), and Jacob prayed in the night, after sunset (B'reshit [Genesis] 28:11), one is expected to pray three times a day.
3. ... none of the weekdays are given names except for the seventh day, which is also called Shabbat.
4. ... God declared all of the other days to be "good," but this one God declared "holy."
5. ... this day is considered a day of total rest.