



FOUNDATIONS OF JUDAISM: SHABBAT
STUDY QUESTIONS
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1. Why do we celebrate Shabbat? What is the essence of Shabbat?
2. Is Shabbat a positive or a negative law?
3. Why does our tradition tend to personify Shabbat? How is this manifest in the liturgy?
4. What does "Shabbat" mean?
5. When does Shabbat begin? When does it end?
6. Define and describe "Erev Shabbat."
7. How does one honor Shabbat during the week?
8. How do we define prohibited labor?
9. Name 12 labors that are forbidden on Shabbat.
10. Define "Oneg Shabbat."
11. What is the main difference between Shabbat and the other Holidays?
12. Why are we not permitted to ride in a car on Shabbat?
13. Why are we not permitted to switch on electric lights on Shabbat?
14. How can we use electricity, without violating Shabbat. Give examples of exceptions, loopholes, and ways around the problem.
15. What is the "spirit of Shabbat" and is its legal significance?
16. Under what conditions may/must we violate Shabbat?
17. How do we manage to serve hot food on Shabbat?
18. Are we allowed to carry on Shabbat? What is the legal definition of carrying?
19. Explain the concept of "Mukzeh." Give a few examples and exceptions.
20. Are we allowed to wash dishes on Shabbat?
21. Under what conditions may we swim on Shabbat?
22. Under what conditions may we bathe on Shabbat?

23. What do we do if we are driving and Shabbat starts?
24. How do Shabbat services differ from weekday?
25. How do we liturgically welcome Shabbat? How old is this practice?
26. How many times do we read Torah on Shabbat?
27. What is the reason for lighting Shabbat candles? Who lights? Describe the ritual. What legal significance does it have?
28. Do minors light the Sabbath candles?
29. How are candles lit for Holidays?
30. Why do women, after they have kindled the Shabbat candles, cover their eyes when they say the blessing? Do they do this on Holidays?
31. Why is it forbidden to touch or move the candles?
32. Under what conditions is one allowed to blow out the candles?
33. Define "Kiddush." What is the procedure?
34. Are women allowed to make Kiddush? Why/why not?
35. How many times do we make Kiddush on Shabbat? What are the differences?
36. Does Kiddush have to be recited over wine? Why/why not?
37. What is the appropriate number of meals we should eat on Shabbat?
38. What are "Lechem Mishne"? What do they symbolize?
39. What are "Zemiroth"?
40. How does Grace After Meals differ on Shabbat?
41. Describe a Friday evening.
42. Describe a Sabbath day.
43. How do we greet each other on Shabbat? (In Hebrew and Yiddish).
44. Describe the ritual and significance of Havdallah.
45. Define "Motzaei Shabbat."
46. How do we greet each other on Motzaei Shabbat? (In Hebrew and Yiddish).