The evening prayer service is divided into six major sections (plus the sermon) which “ascend” to the Amidah, the high point of the service, and then “descend” through the closing prayers.

I. KABBALAT SHABBAT
("Welcoming the Sabbath")
Getting in the Mood
Candle Lighting (Pg. 9-10)
Kiddush (blessing over wine) (Pg. 11)
Opening Psalms & Songs (Pg. 13-17)

II. CHATZI KADDISH
("Half-Sanctification")
Separates Kabbalat Shabbat from Ma'ariv (main part of evening service) (Pg. 17)

III. THE SHEMA AND ITS BLESSINGS
Bar’chu - The call to Worship
Ma’ariv Aravim - Evening prayer (Pg. 18)
Ahavat Olam - God’s Love (Pg. 20)
 쉽א SHEMA - God is One (Pg. 22)
V’ahavta - You shall love (Pg. 22)
Mi Chamocha – Redemption (Pg. 26)
Hashkivenu – Shelter Us (Pg. 28)

IV. V’SHAMRU
("You Shall Keep")
The Covenant of Shabbat (Pg. 29)

V. THE AMIDAH
("Standing Prayer")
Avot v’Imahot - Our Ancestors (Pg. 31)
G’vurot - God’s Power (Pg. 32)
Kedushat HaShem - God’s Holiness (Pg. 33)
Kedushat Hayom - Holiness of Shabbat (Pg. 33-34)
Avodah - God’s Acceptance of Our Worship (Pg. 34)
Hoda’ah - Giving Thanks to God (Pg. 35-36)
Birkat Shalom - Prayer for Peace (Pg. 36)
-or note the questions for thought on the themes of the Amidah (Pg. 40)

VI. CLOSING PRAYERS
Aleinu - Jewish Distinctiveness (Pg. 45)
Kaddish - Memorial Prayer (Pg. 52)

SERMON / DRASH
Avot v’Imahot - Our Ancestors (Pg. 31)
G’vurot - God’s Power (Pg. 32)
Kedushat HaShem - God’s Holiness (Pg. 33)
Kedushat Hayom - Holiness of Shabbat (Pg. 33-34)
Avodah - God’s Acceptance of Our Worship (Pg. 34)
Hoda’ah - Giving Thanks to God (Pg. 35-36)
Birkat Shalom - Prayer for Peace (Pg. 36)
-or note the questions for thought on the themes of the Amidah (Pg. 40)