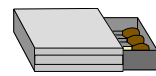


In **ושמרו** the children of Israel are reminded to observe the **שבת** for all their generations as a covenant with God.

**ושמרו** is sung during the Friday evening service, just after **השכיבנו** - the prayer for protection. Normally, the prayer for protection ends - "protect your people always." But on Friday evening, the word "protect" is left out. When the children of Israel observe the **שבת**, they do not need extra protection.

**ושמרו** and **השכיבנו** are really an extension of the **גאולה**, the redemption prayer. By keeping the **שבת**, The children of Israel will be protected and redeemed.

# וְשָׁמְרוּ



וְשָׁמְרוּ  
and keep



וְשָׁמְרוּ  
and keep



בְּנֵי  
shall the  
children of

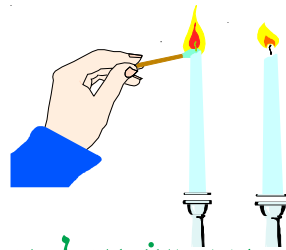
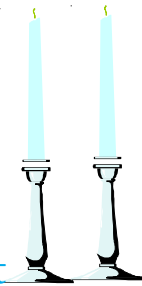
בְּנֵי  
shall the  
children of



יִשְׂרָאֵל  
Israel

אֶת הַשַּׁבָּת  
the Shabbat

אֶת הַשַּׁבָּת  
the Shabbat



וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת

and the children of Israel shall keep the Shabbat

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת

and the children of Israel shall keep the Shabbat



לְדֹרֹתָם  
for all their  
generations



אֶת הַשַּׁבָּת  
the Shabbat



לְעֲשׂוֹת  
observing

לְדֹרֹתָם  
for all their  
generations

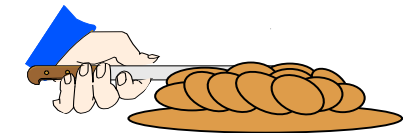


בְּרִית  
as a covenant

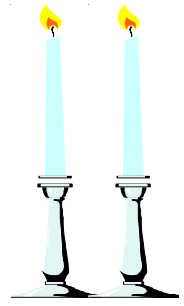


בְּרִית  
as a covenant

עוֹלָם  
forever



The words to וְשָׁמְרוּ are found in the Torah (Exodus, Chapter 31: 16-17). וְשָׁמְרוּ is actually recited three times on שַׁבָּת. First, on Friday evening. Second, in the שַׁבָּת morning Amidah, just after the words -- "and thus it is written in your Torah." Finally, it is sung as an introduction to the שַׁבָּת day Kiddush. We observe the שַׁבָּת to commemorate the completion of creation, when God שָׁבַת, rested, on the seventh day.



וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת  
לְדֹרֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת  
הִיא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יי אֶת הַשָּׁמַיִם  
וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.



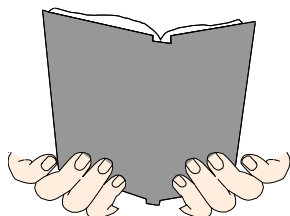
And the children of Israel shall keep the Shabbat, observing the Shabbat for all their generations as an eternal covenant. Between me and the children of Israel it shall be a symbol forever. For in six days God made the heavens and the earth, and on the seventh day God rested and was refreshed.



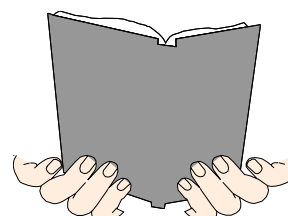
# וְשָׁמְרוּ

## Key Phrases

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם.  
and the children of Israel shall keep the Shabbat,  
observing the Shabbat for all their generations  
as an eternal covenant



## Key Words



..ה	the
..ו	and
שמר	keep/guard (root)
וְשָׁמְרוּ	(and they shall) keep
אֶת	(does not translate)*
בְּרִית	covenant, bond
בְּנֵי	children of
בְּנֵי יִשְׂרָאֵל	the children of Israel
דֹּר	generation
לְדֹרֹתָם	for all their generations
לַעֲשׂוֹת	observing*
עוֹלָם	forever, eternal

\*literally - "doing/making"

# שמר

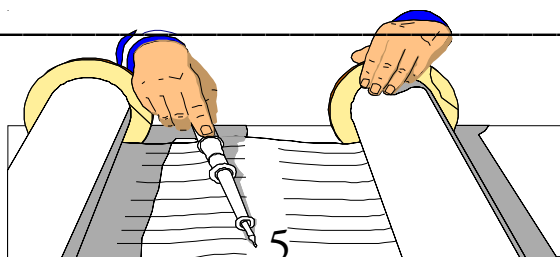
The word **וְשָׁמְרוּ** comes from the root **שמר**, meaning "to guard" or "to keep." **Guard** the key words on the previous page. **Keep** a close watch on them. Use them to translate into English, below.

שמר \_\_\_\_\_ וְשָׁמְרוּ \_\_\_\_\_  
בְּנֵי יִשְׂרָאֵל \_\_\_\_\_  
בְּנֵי יִשְׂרָאֵל \_\_\_\_\_  
וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל \_\_\_\_\_  
אֵת הַשַּׁבָּת \_\_\_\_\_ הַ

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֵת הַשַּׁבָּת

בְּרִית עוֹלָם \_\_\_\_\_  
בְּרִית עוֹלָם \_\_\_\_\_  
דוֹר לְדוֹרָתָם \_\_\_\_\_  
לְדוֹרָתָם בְּרִית עוֹלָם \_\_\_\_\_  
לְעֲשׂוֹת \_\_\_\_\_  
לְעֲשׂוֹת אֵת הַשַּׁבָּת \_\_\_\_\_

לְעֲשׂוֹת אֵת הַשַּׁבָּת לְדוֹרָתָם בְּרִית עוֹלָם



# בְּרִית עוֹלָם

1. What does בְּרִית mean? \_\_\_\_\_. עוֹלָם can mean "world." But it can also mean "forever" or "eternal." שִׁבְתָּ is given as a בְּרִית עוֹלָם between God and the Children of Israel.

2. Circle "eternal bond," in the וְשָׁמְרוּ below.

3. שִׁבְתָּ reading game: Your teacher will call out a word from וְשָׁמְרוּ. This word will represent Day 1. Find this word. The teacher will then say, "שִׁבְתָּ." שִׁבְתָּ is the seventh day. Count forward, one word (one day) at a time, until you get to the seventh word. The first person to call out this word wins, and gets to start the next round. (If you get to the end, continue counting from the beginning.) For example, if the teacher says "וְשָׁמְרוּ," the seventh word will be "אֵת."

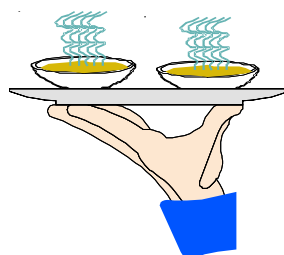
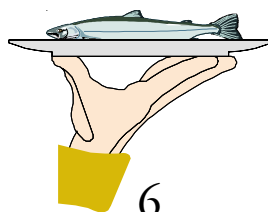
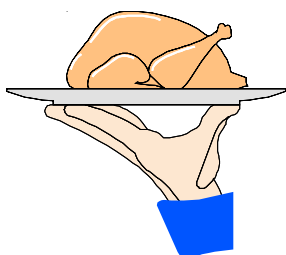
4. Practice reading וְשָׁמְרוּ, alone and with partners, until you can read each line smoothly.

● 1. וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֵת הַשְּׁבֵת, לַעֲשׂוֹת אֵת הַשְּׁבֵת

● 2. לְדוֹרְתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת

● 3. הִיא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֵת הַשָּׁמַיִם

● 4. וְאֵת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

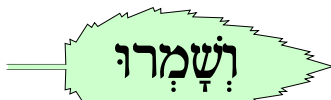


# בְּנֵי יִשְׂרָאֵל

וְשָׁמְרוּ concludes with the words שֶׁבֶת וַיִּנָּפֵשׁ - God "rested and was refreshed." The word וַיִּנָּפֵשׁ, "and was refreshed," is related to the word נֶפֶשׁ, "soul." The commentator Ramban thought that the heavens and earth were given a נֶפֶשׁ, a soul, with the gift of שֶׁבֶת.

A restful שֶׁבֶת activity one can do to refresh one's נֶפֶשׁ, one's soul, is to walk through the woods. Take the educational nature walk below. Move a leaf at a time. Use the key to identify the kind of leaf, and then write the וְשָׁמְרוּ words' translation in the proper list.

## START



## KEY



Birch



Maple



Elm



Oak



Eucalyptus

Elm: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Birch: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Maple: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Oak: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Eucalyptus: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Reading Drill

Key Root:

שמר

Read the following prayer lines out loud.  
Circle all words built on the root for "keep/guard"

1. ומסִידר אֶת הַכּוֹכָבִים, בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ בְּרָצוֹנוֹ
2. עֲשֵׂה שָׁמַיִם וָאָרֶץ, אֶת הַיָּם וְאֶת כָּל אֲשֶׁר בָּם הַשֹּׁמֵר אֶמֶת לְעוֹלָם
3. לְשֹׁמֵר וְלַעֲשׂוֹת וְלִקְיָם אֶת כָּל דְּבָרֵי תִלְמוּד תּוֹרַתְךָ בְּאַהֲבָה
4. הַשֹּׁמְרוּ לָכֶם פֶּן-יִפְתָּה לְבַבְכֶם וְסִרְתֶּם וְעַבְדְּתֶם אֱלֹהִים אֲחֵרִים
5. יְבָרְכֶךָ יי וַיִּשְׁמְרֶךָ
6. גַּם עַבְדְּךָ נִזְהָר בָּהֶם בְּשֹׁמְרָם עֵקֶב רַב
7. יי שֹׁמֵר אֶת גְּרִימֵי, יְתוּם וְאַלְמָנָה יְעוּדָד, וְהַרְדֵּךְ רְשָׁעִים יַעֲוֹת
8. נַפְשֵׁי לַיִי, מִשְׁמָרִים לְבַקֵּר, שֹׁמְרִים לְבַקֵּר.
9. יי אֱלֹהֵי אַבְרָהָם יִצְחָק וַיִּשְׂרָאֵל אֲבוֹתֵינוּ, שֹׁמְרָה זֹאת לְעוֹלָם

When you have completed this chapter, and have all **וְשֹׁמְרוֹ** reading lines checked off, your teacher will give you a sticker!

I have mastered  
**וְשֹׁמְרוֹ**