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CHAYEINU
כי הם חינו



Discover the Joy
of Shabbos

How to Really Make Shabbos

By Rebbetzin Shira Smiles (Shiur E3)

What role can we have in 'making' Shabbos?

Making Shabbos

The Posuk tells us:

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם כְּרִית
עוֹלָם (שמות לא: טז)

The words *לעשות את השבת* imply that we have a role in 'making' or creating Shabbos. The obvious question is that Shabbos preceded our arrival, and we could hardly have had a role in making it.

The yearning for Shabbos makes it

We look forward to Shabbos. There is a reference to this yearning in the Zemiros where we are referred to as those who are *מאחרים לצאת מן השבת וממהרים לבוא* – we tarry when leaving Shabbos and hurry to come to Shabbos.

On one level this "delay and hurry" refers to *חוספת שבת*. That means that we add to Shabbos before sunset on Erev Shabbos and we add to Shabbos after the stars appear on Motzei Shabbos. In that way we 'make' Shabbos. We add from the *קודש* onto the *חול* – we turn time that is not Shabbos into Shabbos.

But the order that this addition is described in the Zemiros begs understanding. Does one first delay leaving Shabbos and then hurry into Shabbos? Surely the order is the reverse.

Rabbi Avraham Halevi Schorr, in his Sefer Ha'Lekach Ve'Halibuv, explains that the order is highly significant for how we live out the week. When we delay leaving Shabbos, we demonstrate its preciousness. It is that desire to 'stay' with Shabbos that infuses the coming week with an extra element of sanctity. And, in turn, a week lived with extra *קדושה* is a week that inevitably brings us to look forward to welcoming the next Shabbos and hence the haste to come to Shabbos.

We 'make' Shabbos by enjoying it.

The source of Brocha

The yearning for Shabbos implies that we associate Shabbos with Brocha. Far from being a burden, Shabbos is the *מקור הברכה* – the source of blessing. It is known that when Rebbetzin Kanievsky זכרונה as well as Rebbetzin Kolodetzky זכרונה respond to any and every request for a Brocha with the recommendation that the petitioner draw blessing into her life by adding ten minutes to Shabbos. When one adds *קדושה* into one's life, one adds Brocha with it.

The atmosphere of Shabbos

Rav Moshe Bik זצ"ל, in his Sefer Chayei Moshe, explains that there are two aspects of Shabbos being described in the Posuk above. The first, *ושמרו*, is to be careful with the observance of Shabbos. The second, *לעשות*, is to create the atmosphere of Shabbos in one's home.



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The 'feel' of Shabbos is created in a variety of ways. The most basic ways are via learning and davening. The way one learns and davens on Shabbos sets the tone and declares that today is unlike any other.

Make room for creativity

But there are countless other ways to set the Shabbos atmosphere, limited only by one's personal inclination and creativity. The women who express their thoughts in their baking try to make a 'Parsha Cake' that draws on a theme from that week's Torah reading. Others think of games and still others tell stories. Asking questions sets a tone of curiosity and interest. And listening in a relaxed way to others, be they one's spouse, one's child or one's guest, says that today is Hashem's Shabbos. We are on His time today, not on ours as we tend to think during the week.

Oneg Shabbos

The key to setting the tone of Shabbos is עונג שבת. We 'make' Shabbos by enjoying it. It should be clear to anyone looking on, especially to one's spouse and children that one is enjoying Shabbos. We are all drawn to that which is pleasurable. And when children sense how much

Mother enjoys preparing for and spending Shabbos, they want to partake of that pleasure, as well. The joy that we bring to Shabbos cannot be decreed; it is something that we bring. In that sense we are 'making' Shabbos!

Make your Olam Haba

The אור החיים on the above Posuk goes so far as to say that to the extent that we observe and celebrate Shabbos we are making Shabbos not just here, but the Shabbos on high. We are creating our עולם הבא – our eternity.

Avoid a lackluster Olam Haba

The Nesivos Sholom comments on the words והי בהם that we infuse the luster of eternity into our eternal Shabbos by enjoying Shabbos here. He points out the tragedy of one who attends to all the details of Shabbos but without enjoying Shabbos. That person's reward will, in turn, lack luster and shine. Tapping into the infinite joy of being ever closer to Hashem, to the זיו השכינה, is a by product of the pleasure that we took in the spiritual gift of Shabbos. Oneg Shabbos is not just about sleeping, it is about being happy to be close to Hashem. It is about celebrating the fact that we were chosen to mark His creation.

Takeaway: I will try to go beyond observing Shabbos and focus on enjoying, thereby 'making' Shabbos.