

M'nucha V'simcha

Contentment and gladness, a light for the Jews,
Is this day of Sabbath, day of delights;
Those who safeguard it and those who remember it - they bear witness
That in six days all was created and still endures.

The loftiest heaven, earth and seas,
All the legions of above, high and exalted,
Sea giant and man and mighty beasts -
For the Creator, God, is the strength of the universe.

It is He who spoke to His treasured nation:
"Stand guard to sanctify it from its arrival until its departure".
The holy Sabbath day of His delight,
For on it the Almighty rested from all His work.

Through the Sabbath command will the Almighty strengthen you;
Arise, beseech Him, that He may rush to fortify you;
Recite "Soul of all living" and also "We proclaim Your strength";
Eat in gladness for He has already shown you favour.