

Shabbat Halachot – Part 1

- It is a big mitzvah to do things all week in honor of Shabbat. Example: laundry, cleaning the house, buying food, cooking, and showering before Shabbat.
- It is a big mitzvah to taste all the food you are cooking for Shabbat in order to make sure that all the Shabbat food comes out perfect and everyone will enjoy Shabbat more.
- It is a big mitzvah to refrain from eating bread on Friday so that you will be very hungry for the first Shabbat meal on Friday night.
- It is a mitzvah to check the pockets of your jackets to make sure there is nothing in there that is muktzeh in order to prevent you from violating any Shabbat laws.
- It is forbidden to use the washing machine on Friday unless one has a dryer and the clothes can be dry before Shabbat.
- Friday is a time for teshubah. It's a chance for you to repent for all the sins committed during the week and promise to try harder next week.
- We light candles in the room we eat because it creates Shalom Bayit (a peaceful home) and to honor the Shabbat.
- Single girls living in their parents' home are not obligated to light candles on Friday but they may light without a blessing.
- Single men or women who are living alone must light candles on Friday even if they are eating somewhere else. They must light with enough oil to last when they come home.
- It is forbidden to touch or move the candles on Shabbat unless you said before Shabbat that you will move them once they burned out.
- It is forbidden to eat or drink anything from the moment you accept Shabbat until you hear Kiddush on Friday night.
- Whoever eats three meals on Shabbat is saved from three punishments: 1. The suffering before Mashiach comes, 2. Purgatory and 3. From the war between Gog and Megog (WW3)
- If one cannot eat bread for Seuda Shilishit, one may eat cake or the last option is meat, fish, fruit or grape juice/wine.

- Some pasukim believe that men and women are equally obligated from the Torah to listen to Havdala.
- Hearing Havdala over the phone or radio does not fulfill one's obligation to listen to Havdala. However, if there is no other option, hearing it over the phone is better than nothing.
- One must set the table for the fourth Shabbat meal (Saturday night) with bread. If there is no bread available then cake, fruit, fish, or meat.
- It is forbidden to write or draw on Shabbat with your fingers on a wet table or a window covered with vapor.
- It is forbidden to request that a minor (before bat/bar mitzvah) violate any Shabbat prohibitions.
- It is forbidden to request that a minor carry any item where there is no Eruv even if it is very important or for a mitzvah.
- It is forbidden for children over bar/bat mitzvah to put a puzzle together on Shabbat.
- It is permitted to wear jewelry on Shabbat but you are not allowed to take them off if they hurt and put them in your pocket.
- Make up is forbidden on Shabbat because it resembles the act of painting on Shabbat.
- It is forbidden for women to apply clear or colored lipstick or nail polish on Shabbat.
- It is permitted to spray cologne or perfume on your body on Shabbat but not on your clothing.
- It is forbidden to brush one's hair with a strong brush that causes hair to be pulled out on Shabbat. A light brush may be used.