

V'SHAMRU ושמרו

The People of Israel shall keep Shabbat

*V'sham·ru v'nei Yis·ra·eil
et ha·sha·bat, la·a·sot
et ha·sha·bat l'do·ro·tam
b'rit o·lam. Bei·ni u·vein b'nei
Yis·ra·eil ot hi l'o·lam,
ki shei·shet ya·mim a·sa Adonai
et ha·sha·ma·yim v'et ha·a·retz,
u·va·yom ha·sh'vi·i
sha·vat va·yi·na·fash.*

וּשְׁמְרוּ בְנֵי־יִשְׂרָאֵל
אֶת־הַשַּׁבָּת, לַעֲשׂוֹת
אֶת־הַשַּׁבָּת לְדֹרֹתְכֶם
בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי
יִשְׂרָאֵל אֹת הִיא לְעוֹלָם,
כִּי־שִׁשֶּׁת יָמִים עָשָׂה יי
אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנְפֹשׁ.

The people of Israel shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel.

For in six days Adonai made heaven and earth,
and on the seventh day God ceased from work and was refreshed.