

# וְשָׁמְרוּ

## *V'Shamru*

This prayer comes at the end of the Sh'ma and its blessings before we recite the Amidah.

*V'Shamru* comes from the Hebrew word meaning to guard or keep. This prayer reminds us that Shabbat has been around since the creation of the world and that we are responsible for keeping it special and making sure it continues on from generation to generation.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת־הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם.  
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעַלְמִם,  
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ.

*V'shamru b'nai Yisrael et ha'shabbat,  
la'asot et ha'shabbat l'dorotam b,rit olam*

*Beini u'vein b'nai yisrael, ot-hee l'olam,  
ki sheshet yamim asa Adonai et ha shamayim ve'et ha'aretz,  
u'vayom hashvi'i shavat va'yinafash.*

The children of Israel will guard the Shabbat,  
to make the Shabbat an eternal covenant for all their generations.  
It is an eternal sign between me and the children of Israel,  
Because in six days Adonai created the heavens and the earth,  
And on the seventh day God rested and was refreshed.