

Shabbat Resource Guide

A curated collection of learning tools, courses, and inspiration to help you explore, embrace, and experience Shabbat.

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www.theshabbosproject.org

1. Quick Start & Practical Guides

- **Easy Shabbat Checklist**
aish.com/48971511
A straightforward guide to help prepare for and enjoy Shabbat.
 - **Shabbat How-To Guides**
shabbatprojectaz.org/2024-resources
Step-by-step resources for lighting candles, Kiddush, Havdalah, and more.
 - **Online Shabbat Course (Aish.com)**
aish.com/online_course_in_the_laws_of_shabbat
Learn the laws and meaning of Shabbat through a free online course.
 - **Shabbos Coach Manual**
[Coach Manual for Global Teams](#)
A training tool for local Shabbat leaders and educators.
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2. Programs & Campaigns

- **Shabbat Challenge**
shabbatprojectaz.org
Take the challenge to keep Shabbat – together with thousands around the world.
- **Journey to 25**
journeyto25.com
A guided experience to help you embrace a full 25 hours of Shabbat.
- **Gift Book Sign-Up – Shabbat: A Day to Create Yourself**
[Request a Copy](#)

3. Courses & Structured Learning

- ChabadU Course – *Shabbat: A Day to Create Yourself*
[Enroll Here](#)
 - Olami: Shabbat Unpacked
olami.org/shabbat-unpacked-resources
Interactive guide with quizzes, videos, and written material.
 - Ner LeElef – Morasha Syllabus
 - *Shabbat I: Plugging Into the Goals of Life*
[Link](#)
 - *Shabbat II: The Shabbat Experience*
[Link](#)
 - Partners in Torah PDFs
(Request via text or email for copies)
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4. Books

- Introductory & Inspirational:
 - *Shabbat: A Day to Create Yourself*
 - *The Magic of Shabbos* – Rabbi Mordechai Rhine
[Amazon Link](#)
 - *Embrace Shabbos* – Rabbi David Sutton
 - *Living Shabbos* – Rabbi David Sutton
 - *Gates of Shabbat* – A guide for observing
 - *Friday Night and Beyond* – Lori Palatnik
 - *Shabbos: A Touch of Eternity*
 - In-Depth Study:
 - *The Sabbath* – Isidor Grunfeld
 - *Learn Shabbos in 3 Minutes a Day* – Rabbi Daniel Braude
 - *The Shabbos Kitchen* – Rabbi Simcha Bunim Cohen
 - *The Laws of Shabbos* – Rabbi Simcha Bunim Cohen
 - *The Shabbos Home* – Rabbi Simcha Bunim Cohen
 - *Nefesh Shimshon: Shabbos Kodesh* – Rabbi Shimshon Dovid Pincus
 - *Rabbi Blumenau* – New book coming soon
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5. Videos & Multimedia

- **“Shabbat: A Day to Create Yourself” – Video Series**
[YouTube Link](#)
 - **Do You Hate Shabbat?** (Poetry competition talk)
[Watch Here](#)
 - **18 Two-Minute Shabbos PowToons**
[Watch Playlist](#)
 - **12 Shabbat Videos by Esteemed Teachers**
[Watch Here](#)
 - **Rabbi Mendel Kessin The Mystical Aspects of Shabbos**
https://m.youtube.com/watch?v=pzU0F7_XQWU
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6. Articles & Learning Libraries

- **100+ Articles on Shabbat – Aish.com**
[Explore](#)
 - **1,000+ Articles on Shabbat – Chabad.org**
[Explore](#)
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7. Videos: Why do Shabbat?

Shabbat: The Gift We Can't Replace

<https://m.youtube.com/watch?v=7KTIJnMzBMw>

Shabbat: Source of Our Strength

<https://m.youtube.com/watch?v=jpQwB1L1Sa4>

Shabbat: Life Unfiltered

<https://m.youtube.com/watch?v=fxgKsnYjBSI>

Shabbat: Family Fortress

<https://m.youtube.com/watch?v=4O6eQb7QpIY>