

# V'Shamru

V'shamru v'ney yisrael et ha-shabbat,  
La-asot et ha-shabbat l'doro-tam b'rit olam.  
Bey-ni u-veyn b'ney yisrael ot hi l'olam.  
Ki shey-shet yamim asa Adonai  
Et ha-shama-yim v'et ha-aretz,  
U-va-yom ha-sh'vi-l shavat va-yi-nafash.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית  
עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת  
הִיא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יי  
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם  
הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

The Children of Israel shall observe the Sabbath,  
maintaining it throughout the generations  
as an everlasting Covenant.

It is a sign between Me and the Children of Israel for all time;  
in six days the Lord made heaven and earth;

And on the seventh day the Lord ceased this work and  
rested.