

## **EIS RATZON - KINDLING THE SHABBAT LIGHTS**

Every person, who keeps Shabbat, finds their hearts warming at the image of a woman standing over her Shabbat lights, eyes squeezed shut in concentration as she prays for the welfare of her husband and children. The holiness of that moment is almost palpable.

Light is a symbol of Torah. The writings of the sages specify the link between kindling Shabbat lights and raising children who will carry the light of Torah within them.

Another Jewish writing adds that lighting Shabbat candles “with gladness of heart” also brings peace to the Jewish people and long life to the members of the woman’s family. Besides praying for her children’s success and love of Torah, a Jewish sage adds that a woman should pray on behalf of her husband, that he should enjoy a long life of happiness and success, particularly in earning a respectable livelihood and in serving the Almighty.

Every woman has this power – to slow down, clear her mind of the frantic run-up to Shabbat, kindle the lights, and spend a few moments in real conversation with her Creator. This is one of the most potent means in her hands to ensure that she and her husband merit children who will brighten their lives and bring light into the world.

### **POINTS TO PONDER**

***Many sources point out the efficacy of praying for one's children's spiritual achievements while lighting Shabbat candles.***

***Even if a woman prays in her own words and own language, her prayers will be accepted.***

***Psalm 92:1 A psalm. A song; for the sabbath day. <sup>2</sup> It is good to praise the LORD, to sing hymns to Your name, O Most High, <sup>3</sup> To proclaim Your steadfast love at daybreak, Your faithfulness each night <sup>4</sup> With a ten-stringed harp, with voice and lyre together. <sup>5</sup> You have gladdened me by Your deeds, O LORD; I shout for joy at Your handiwork. <sup>6</sup> How great are Your works, O LORD, how very subtle Your designs! (TNK)***