

V'sham'ru v'nei yis-ra-eil

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל

et ha-sha-bat,

אֶת הַשַּׁבָּת,

la'a-sot et ha-sha-bat

לַעֲשׂוֹת אֶת הַשַּׁבָּת

l'do-ro-tam b'reet o-lam.

לְדֹרוֹתֵם בְּרִית עוֹלָם.

Bei-nee u'vein b'nei yis-ra-el

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל

oht hee l'o-lam,

אוֹת הִיא לְעוֹלָם,

kee shei-shet ya-meem

כִּי שֵׁשֶׁת יָמִים

a-sah Adonai

עָשָׂה יְיָ

et ha-sha-ma-yim v'et ha-a-retz,

אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,

u'va-yom ha-sh'vee-ee

וּבַיּוֹם הַשְּׁבִיעִי

sha-vat va-yee-na-fash.

שָׁבַת וַיִּנְפֹּשׁ.

The people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant for all time. It is a sign forever between Me and the people of Israel. For in six days the Eternal One made the heavens and the earth, but on the seventh day God rested and was refreshed.