

A Family Celebration: The Feast of Trumpets



Welcome to the table!

Shana tovah [good new year]!

We are so thankful you desire to engage your family in celebrating Rosh Hashanah, and we are praying that you all experience a truly meaningful High Holiday season together.

Our desire at The Sabbath Table is to empower you with this guide for rich, approachable discipleship conversations and experiences with your kids around Yom Teruah (The Feast of Trumpets).

This guide is meant to provide you not with another "should," but instead with some freedom and clarity for how to focus in around the table with your child/children in a fun way that enriches their understanding of God through this holy day.

This guide includes opportunities for you all to **engage**, **enjoy**, and **encounter** the goodness of God in this Feast:

- **Engage:** A brief telling of what Rosh Hashanah is, time in Scripture, and formative questions to encourage meaningful family conversations about serving God and loving His presence.
- **Enjoy:** A recipe for Easy "Sweet New Year" Apple Nachos.
- **Encounter:** A fun and meaningful family activity idea around Tashlich (repentance).

Other than some of the recipe ingredients, this should not cost you anything and would be great to do this Monday or Tuesday evening during Rosh Hashanah (but could be done any night this week). Have **fun**!

Engage:

- Psalm 84
- Shofar

Enjoy:

*Recipe- "Sweet New Year"
Apple Nachos*

Encounter:

- Tashlich activity

Engage:

The Feast of Trumpets & Psalm 84

Share with your children:

One of the ways God helps His people understand His love for them is by setting special days on the calendar with them... just like we have birthdays or anniversaries to remember and celebrate, God set *appointed times* to be with His people. In the book of Leviticus in the Bible, God's Word, we see a list of His special days... today, we will be focused on one of them. It's called *Rosh Hashanah* (the Jewish New Year) or as it is known in the Bible, *Yom Teruah* - **the Feast of Trumpets**.

Why is it called the Feast of Trumpets? Well, during this special date on God's calendar, the Jewish people were to celebrate it by doing something special: they were to blow the *shofar*. Have you ever seen a shofar? It is a trumpet-like instrument made out of a ram's horn.

Why does the shofar matter so much? What is God wanting His people to remember as they hear the sound of these trumpet-like blasts?

Think about a movie you've seen where a new king or queen are being crowned. What instruments typically play to get everyone's attention? Yes, trumpets and horns! One of the things the shofar reminds God's people of is that the King of the Universe is their God.

What is something that wakes people up in the morning at a specific time? Yes, an alarm clock! The alarm is meant to help us be awake at the right time so we can show up to the day ahead. Like an alarm clock, another thing the shofar blast reminds God's people of is how we need to be awake in our spirits - to not close our eyes and be asleep to what God's Word says or how we are living out what it says.

Lastly, as those who believe Jesus (Yeshua) is the Messiah, we know that the shofar blast will announce His return. The shofar blast on Rosh Hashanah is like a shadow that helps us get a glimpse of the reality we will experience one day when He comes back - our King is coming!

Read Psalm 84 as a family.

Formation Questions:

- What are three words that you would use to describe this past year for you?
- Describe one of the ways you noticed the love of Jesus in one another this year.
- What was hard about the past year? What do you want to tell God about that?
- What do you imagine about what it will be like when the trumpets blast to tell us Jesus is back?
- When we are awake spiritually, we do what God's Word says. Is there anything about how you've acted this week where you think God might be inviting you to 'wake up' and do differently?
- Who comes to mind when you think about someone who serves God? What do they do? How could you follow their example this week?
- What do you think it looks like for someone's soul to want to be in the presence of God?

Shofar
example:



Enjoy: 'Sweet New Year' Apple Nachos

This recipe for easy Apple Nachos is a fun twist on a traditional Rosh Hashanah treat. It's common for *apples and honey* to be enjoyed in Jewish homes throughout Rosh Hashanah as a way to symbolize *hope for a **sweet** new year*.

As you make these easy Apple Nachos with your kids, consider inviting them to notice all the ways you experience the goodness and love of God in your every day lives. Encourage them to think about the *sweetness of life with God* as you enjoy this treat together!



Blessed are
those who
dwell in your
house; they
are ever
praising you!

-Psalm 84:4 NIV

Ingredients

- 4 Granny Smith Apples (washed and sliced)
- Honey and/or Caramel Topping
 - Optional: Chocolate Topping
- Add on options:
 - Sprinkles
 - Mini Chocolate Chips
 - Mini M&M's
 - Chopped nuts
 - Granola

Instructions:

Wash and slice Granny Smith apples and arrange on a plate or platter evenly. Drizzle with honey and/or caramel topping so it is evenly covered - if desired, add chocolate drizzle. Have your kids sprinkle their favorite add ons on top, and enjoy!

Better is one day in
your courts than a
thousand elsewhere!

-Psalm 84:10a NIV

Encounter: Tashlich Activity ['Casting Off']

Introduction:

Tashlich, which literally is translated as '**casting off**,' is a symbolism-rich ceremony where the Jewish people "cast off" the sins of the previous year by throwing bread crumbs or pebbles into bodies of water. It originates from **Micah 7:19** as a way to visualize this truth. The ceremony is usually performed on the first day of Rosh Hashanah near a body of water. Though we know this ceremony in no way grants us atonement (*that comes only through faith in all Jesus did for us*), the practice of Tashlich can be a powerful visual reminder as we process repentance and returning to God in this High Holiday season.

As you begin to unpack the idea of Tashlich with your children, here are a few things you can discuss:

- Sin is disobeying God. It's doing things God has told us not to do and it's not doing things that God has asked us to do. (You can share Romans 3:23 with them to help them grasp that God's Word says no one is perfect - we've all sinned and we all need to repent and return to God.)
- Repentance is when we turn from going our own way and decide to go toward God and His way. We confess (tell) to God about how we have been choosing our way over His, and we ask for His help to go His way.
- God is faithful to hear our prayers and to forgive us when we repent, and He promises to be our Help as we walk in His ways. Scripture says in Hebrews 10:10 that, "*Our sins are washed away and we are made clean because Jesus gave His own body as a gift to God. He did this once for all time.*"

You will again
have compassion
on us; you will
tread our sins
underfoot and
hurl all our
iniquities into the
depths of the sea.

-Micah 7:19 NIV

Items Needed:

- Coffee Filters
- Washable Marker/s
- Bowl of Water
 - Bonus- if you have a pond or creek nearby, that works great, too, to get outside with this activity!

Activity

After discussing the idea of Tashlich with your kids, give each person a **coffee filter**. Invite them to think about where they may be going their own way instead of God's way in their life. Allow them some space to process that, and let them know they can ask God to show it to them, too. If they're struggling, you could provide examples like: *not forgiving a friend or sibling for something they did, not sharing willingly with others, talking back disrespectfully to teachers or parents, etc.*

When they've decided, have them to write it down on their coffee filter with the **washable marker**. Be sure you participate in this by writing yours down, as well. When everyone has written their 'own ways' down on the coffee filter with washable marker, grab a bowl and fill it with water.

Have each person **put their coffee filter into the water** and watch it *disappear* as it is washed away by the water. *Read* Hebrews 10:10 again, and *pray* with your family - that God would bless their desires to go His way and that He would strengthen all of you to choose Him above all else.