

Shavuot (Feast of Weeks)

The Appointed Time of Covenant and Firstfruits

Leviticus 23:15–22

Shavuot occurs 50 days after Firstfruits.

It marks both:

- The wheat harvest
- The giving of the Torah at Sinai

It is a covenant remembrance day.

Is There a Required Meal

The Torah does not command a specific menu like Passover.

However, it does command:

- A holy convocation
- An offering of firstfruits
- Rejoicing before YAHUAH

Leviticus 23:21

“It shall be a holy convocation... you shall do no customary work.”

How to Prepare for Shavuot

Prepare a Joyful Meal

There is no mandated food, but the meal should reflect:

- Gratitude
- Provision
- Celebration

Common symbolic foods (optional, not commanded):

- Bread (wheat harvest)
- Fruits
- Grain-based dishes
- Honey (symbol of promise)

Keep it simple and intentional.

Give Thanks for Torah

Shavuot is strongly connected to:

Exodus 19–20

The giving of the Ten Words at Mount Sinai.

Read these chapters aloud.

Reflect on:

- Covenant commitment
- Obedience
- Fear of YAHUAH
- The voice from the mountain

Ask:

Am I living the Torah I celebrate?

Count the Omer (Preparation Leading Up)

Shavuot preparation begins 50 days earlier.

Leviticus 23:15–16

Each day of counting is:

- A refinement period
- A discipline
- A reminder of anticipation

By the time Shavuot arrives, the heart should already be prepared.

Gather and Rejoice

Deuteronomy 16:10–11

Shavuot is joyful.

It includes:

- Family
- Servants
- The stranger
- The fatherless
- The widow

This feast emphasizes community and inclusion.

Spiritual Focus of Shavuot

- Covenant renewal
- Instruction received
- Harvest gratitude
- Responsibility to obey

It is not just about receiving Torah.

It is about committing to walk in it.

Simple Shavuot Checklist

Rest from ordinary work
Gather if possible
Prepare a grateful meal
Read Exodus 19–20
Give thanks for Torah
Recommit to obedience