

Shabbat Joy

From that day on, Noam did something special.

Every seventh day, when the first stars appeared in the sky, he stopped to rest.

He didn't look for lost seeds.
He didn't show paths on the rocks.
He didn't hurry from place to place.

Instead, he gathered with his friends.

Yael the ibex, Haim the hyrax and Mimi the mouse sat together.

They sang songs, told stories and thanked Hashem for all the good things.



Noam realized something important.
Rest is not laziness.

Rest helps him remember how much good there is in his life.

And when a new week begins, he has the energy to help others again.



So whenever the first stars appeared in the sky, Noam smiled.
He knew that Shabbat had arrived.



Balagan Thought

Shabbat gives us time to rest, be together and notice all the good things around us.

