



A Healthy Relationship Shabbat

We tell our congregants that on Shabbat we hold two commandments sacred: **“shamor v’zachor” – protect and remember.** But to truly create a sacred space in the home for Shabbat, we must have a home that is at peace; a home of loving, healthy relationships and connections; a home where love is protected.

During February, we invite you – along with your partner, your family, your Shabbat guests, your congregation – to celebrate a very special Shabbat of “Shamor L’Amour.”

JWI’s Clergy Task Force to End Domestic Abuse has created these conversation cards to help you discuss, explore, and celebrate healthy relationships. Print them, cut them out, mix them up, and draw cards to spark discussion.



FAMILY CONVERSATION

a project of



Which acts or family rituals make you feel cherished?



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How do you know someone loves you?



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What do you do when you feel upset with someone or when someone hurts your feelings?



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Why are blessings important?



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How do you show someone you love them?



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Is it more important to be right or to be happy?



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What does *shalom bayit* (peace in the home) look like for you?



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Look at everyone around your table. What do you know about each person? Can you name their favorite food or hobby?



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What are some ways you could make the day better for someone close to you?



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What are three things you admire most about your family members?

How do you let them know?



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For what would you like to be acknowledged?



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Is it ever difficult to receive a compliment?



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What is something you love to do as a family?



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If your family were to sing a song to you each week, what words would you want them to sing?



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What loving rituals does your family have?

If there are none, what are some that you could start?



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Who is special to you and why?



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Talk about a time when a friend or family member helped you.



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What makes you a good friend?

What do you do when someone isn't being a good friend?