

# Veshameru

וְשָׁמְרוּ concludes with the words שָׁבַת וַיִּנָּפֵשׁ - God "rested and was refreshed." The word וַיִּנָּפֵשׁ, "and was refreshed," is related to the word נֶפֶשׁ, "soul." The commentator Ramban thought that the heavens and earth were given a נֶפֶשׁ, a soul, with the gift of שָׁבַת.

A restful שָׁבַת activity one can do to refresh one's נֶפֶשׁ, one's soul, is to walk through the woods. Take the educational nature walk below. Move a leaf at a time. Use the key to identify the kind of leaf, and then write the וְשָׁמְרוּ words' translation in the proper list.

## START



## KEY



- Elm: keep/guard (root)  
Israel  
for all their generations
- Birch: and they shall keep  
observing  
an eternal covenant
- Maple: covenant  
observing the Shabbat  
children of
- Oak: the Shabbat  
the children of Israel
- Eucalyptus: generation  
forever  
rested