

The Ultimate Experience | Rabbi Daniel Glatstein

R' Daniel Glatstein · October 8, 2026 · 2:47



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Typically if someone asks you, "How was שבת?" you would respond, "It was good, it was great, it was terrible, it was average." That would be the response of the unsophisticated שבת observer. But like, if somebody asks you, "How was the restaurant?" would you just say, "Good, bad, medium?" Or the sophisticated consumer would ask, "What do you mean how was the restaurant? Do you mean the hors d'oeuvre, do you mean the soup? Do you mean the fish? Do you mean the main course? Do you mean the dessert? Do you mean the ambiance?" The sophisticated consumer is able to break down the experience into specific components. It should be the same with שבת. שבת is not all the same spiritual experience. There's קדשה of Friday night, there's קדשה of שבת morning, there's קדשה of שבת by מנחה. And actually, these three קדשות of שבת are reenacting and reliving three of the most momentous שבתות in the history of the world.

Friday night, שבת בראשית teaches, we're reenacting שבת, when Hashem created the world in six days and rested on the שבת. That's why the main theme of the zemiros Friday night is שבת, Hashem resting from creating the world. שבת morning, we're reenacting and commemorating שבת מתן תורה, the שבת that Hashem gave the Torah to the Jewish people, as the גמרא says, כולי עלמא, everybody agrees that on Shabbos Hashem gave us the Torah. In fact, most of the תפילות of שבת morning are focused on the giving of the Torah, even Kel Adon, which consists of 10 words, then 72 words, then 12 words. The אבודרהם teaches Hashem gave the Aseres Hadibros through His 72-letter name to the 12 שבטים. On שבת morning, we're reenacting Kabbolas HaTorah, on שבת by Minchah we're commemorating and reliving and yearning for שבת Le'asid Lavo, the future שבת, the שבת of the גאולה.

So the next time someone asks you, "How was שבת?" now that you're a sophisticated

observer, you'll be able to respond, "Do you mean Friday night? Do you mean the קדשה of ליל שבת? Do you mean the קדשה of שבת morning? Or do you mean the קדשה of שבת afternoon by מנחה?" The more we learn the various תפלות and various Zemiros, we're able to experience a more sophisticated understanding and appreciation of the great experience of שבת קודש.