Shemot 25:29

ועשית קערתיו וכפתיו And you shall make its dishes and its pans

Rashi says on this, that the "dishes" refer to a container which was in the shape of the bread – לחם הפנים, and that there were two containers, one of iron in which the bread was baked in the oven, and one of gold in which it was placed after baking and arranged on the table for Shabbat.

Normally, we look at iron as something ordinary and not special, whereas gold is special, valuable and prized by us.

However, the bread could not be baked in the gold container, it would not cook properly, it had to be baked in the iron container. So the bread for the special day of Shabbat, which was presented in a special, gold container, had to be made during the week in an ordinary iron container.

Similarly, to fully enjoy Shabbat, we need the "ordinary" days of the week. In our daily prayers we say each day the psalm of the day:

היום, יום ראשון בשבת...יום שני בשבת .....until היום, יום שישי בשבת

Note that each week day is considered as part of Shabbat, בשבת .

On Shabbat itself we say:

היום יום שבת מזמור שיר ליום השבת

In Berashit 1:35 it says:

וירא אלהים את כל אשר עשה והנה טוב מאד

And Hashem saw all the work He had done (during the week of the creation) and, behold, it was very good.

ויברך אלהים את יום השביעי ויקדש אתו

and Hashem blessed the seventh day and sanctified it.

So we see from the story of creation that the Shabbat was only established after all the work of creation during the week had been carried out, and carried out well – "behold, it was very good"

So, just as the first Shabbat needed and stood on the six days of creation;
Just as the bread in its gold container needed and could not have been made without the ordinary iron container and the work carried out during the week;
So our Shabbat needs and stands on the creative work we do during the week and could not exist without that.

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