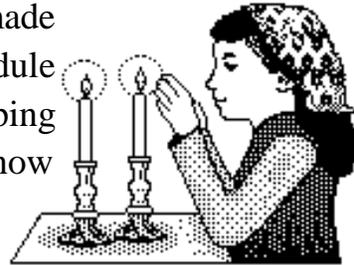


שַׁבָּת

Shabbat

When G-d created the heavens and the earth, He made the sun and moon to mark out time. He put the schedule for how He wanted us to live right in the sky! By keeping track of time by the sun and moon, we not only know when the day is finished and when it begins, but we can count the weeks, the months, and even the years.



In fact, G-d created our universe in six days, and on the seventh day He was finished with His work of the creation, so He rested from that work.

The seventh day is called in our modern world “Saturday,” but that’s not the name G-d gave it.. He called it simply by the number “seven.” He called it “the seventh day” (יום השביעי, *yom hash-vi-i*). So where did the name “Sabbath” come from? Why do we call the seventh day “Sabbath?”

“Sabbath” comes from the Hebrew word שַׁבָּת (*shabbat*) or שַׁבְּתוֹן (*shabbaton*) which means “to cease” or “to stop working.” That’s exactly what HaShem did when He finished His creating work—He “shabbated!” So, because G-d rested on the seventh day, He gave us an example to follow. We reason this way: if G-d rested on the Sabbath, then we will too.

Now G-d did two specific things about the seventh day: He blessed the seventh day, and He set it apart (declared it holy). How exactly did He bless the seventh day? He gave a commandment to us regarding it! Remember in the 10 Words HaShem commanded us: “Remember the Sabbath day, to keep it holy.” He blessed the Sabbath day by making it a commandment in our lives. When G-d gives us His commandments, He gives us His blessings!

But how did G-d set the seventh day apart—how did He make it holy? He set it apart by making it different than the other six days of the week. So on the Shabbat we put away from us those things which we normally do on the other six days of the week, and we rest from our work.

Now Shabbat was given to us to be a picture of the way we “rest” in Yeshua our Messiah. We might think that if we do a lot of good things, G-d will love us more. But that is not true. G-d loves us because we are His children. We rest in what Yeshua has done for us—He is like our Shabbat. Because of Him we don’t have to work hard to get G-d’s love. We rest in what Yeshua has done for us.