

# SHABBAT – PART 1

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By Steve Berkson

## Intro

Let us approach this critically important teaching with open minds, hearts and spirits so that we can truly receive what Yahweh desires from us in our guarding, keeping and remembering the Shabbat.

**Exo 31:12-18** – Shabbat is a sign between Yahweh and His people

- We are to “guard” Yahweh’s Shabbatot (Sabbaths)
- **It is a sign** between Yahweh and the children of Israel forever **throughout their generations**
- It is an everlasting covenant to be observed throughout our generations
- It is to let us know that it is Yahweh that is making us Kadosh / Holy / Set-apart
- We are to guard the Shabbatot for they are to be Kadosh / Holy / Set-apart to us
- Those that desecrate / profane the Shabbatot were to be put to death (earned the death penalty)
- The nephesh / living creature that does work on the Shabbatot was to be cut-off from among the people
- Six days work is to be done
- On the seventh day is a Shabbat Shabbaton (of rest) Kadosh / Holy / Set-apart to Yahweh
- The following are the only verses where we find the word Shabbaton
  - Exo 16:23 – The first Shabbat observance instructions
  - Exo 31:15 – The Shabbat – the sign between Yahweh and His people
  - Exo 35:2 – Shabbat observance instructions
  - Lev 16:31 – Yom HaKippurim (Day of Atonements) – Annual Shabbat
  - Lev 23:3 – Shabbat: The first moed (appointed time)
  - Lev 23:24 – Yom HaZicharon (The memorial to the sounding of trumpets)
  - Lev 23:32 – Yom HaKippurim (Day of Atonements) – Annual Shabbat
  - Lev 23:39 – Sukkot (Feast of Tabernacles) & Shemini Atzeret – Annual Shabbats
  - Lev 25:4-5 – The Shemittah – Sabbatical year of rest for the land
- The Shabbatot witness and attest to what Yahweh did in creation week and that He created / worked for six days and then rested / abstained from work on the seventh day



- On the seventh day (the Shabbat) Yahweh was “refreshed”
  - The hebrew word here is naphash which means to breathe or be breathed upon or refreshed as by a current of air
  - Could it be that it was on the seventh day (Shabbat) that Yahweh “breathed” and “refreshed” creation and that this is exactly what He does every Shabbat...He breathes refreshment on His people who are observing the Shabbat.

## Part 1 — The 4<sup>th</sup> Commandment

### Exo 20:8-11

- **Remember the Shabbat day** to set it apart, sanctify it, make it holy...
  - Be mindful of, bring to mind, bring to remembrance
- You are do all of **your labor and work** in 6 days
  - **Avod** – to labor first mentioned in Gen 4:12
    - **Gen 4:12** – If you “**till**” the ground, it shall no longer yield...
      - To do work to produce a yield
  - **Melachah** – Work as connected to occupation or craftsmanship and their related tasks
- The seventh day is a Shabbat to Yahweh, your Elohim
- You shall not do any work – you, your children, your servants, your animals, and the convert/proselyte within your gates – Those that you have **responsibility for** and **authority over**
  - Reference back to creation week – **All creation is to rest**
    - **Gen 2:1-3**
- Therefore, Yahweh blessed the Shabbat day and set it apart / sanctified it / made it holy

### Deut 5:12-15

- **Guard the Shabbat day** to set it apart, sanctify it, make it holy...
  - Be careful, beware, be aware of, defend, careful to keep, stand watch over
    - **John 14:26** – The Ruach brings to remembrance all that Yeshua had said
- You are do all of your labor and work in 6 days
- The seventh day is a Shabbat to Yahweh, your Elohim
  - A day of rest / refreshing directed toward Yahweh
- You shall not do any work – you, your children, your servants, your animals, and the convert/proselyte within your gates – **they are to rest as you do**



- Shabbat observance is to help us to remember that we were slaves in Mitsrayim and that Yahweh delivered us out of that slavery.

- Reference back to the exodus from Mitsrayim / Egypt – **His chosen people are to rest**

Therefore, Yahweh blessed the Shabbat day and set it apart / sanctified it / made it holy

