

Shabbat

Sabbath is just Sunday, Right?

- [שַׁבָּת](#) Shabbat – Sabbath means literally to cease or to rest. It is generally connected to the seventh day of the week, the day that Yahweh ceased creating and set the day apart. The Shabbat is a sign and a covenant between Yahweh and Israel. Shabbat can also be correlated to the holy convocations and other feast days where normal work is prohibited. Rabbinic Judaism and others usually refers to these days as High Sabbaths. By logical extension, you can also associate sabbath to the shemitah where one year of seven the land was to lay fallow and all debts were to be cancelled and indentured servants freed. And after a sabbath of sabbaths seven times seven years (49) was the Jubilee year (50th) again the land was to lay fallow and where all inheritances were restored.