

119

MINISTRIES

“The following is a direct script of a teaching that is intended to be presented via video, incorporating relevant text, slides, media, and graphics to assist in illustration, thus facilitating the presentation of the material. In some places, this may cause the written material to not flow or sound rather awkward in some places. In addition, there may be grammatical errors that are often not acceptable in literary work. We encourage the viewing of the video teachings to complement the written teaching you see below.”

The Hebrew Root of Sabbath

As many already know, the 7th day Sabbath is one of the ten commandments.

Exodus 20:8-11

“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord [YHWH] your God [Elohim]. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord [YHWH] made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord [YHWH] blessed the Sabbath day and made it holy.

It should be mentioned that after YHWH says to “remember the Sabbath day,” He points to creation as the origin of this commandment. So, if we are going to study the root of the Hebrew word for Sabbath, perhaps we should start there?

Genesis 2:2-3

And on the seventh day God [Elohim] finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God [Elohim] blessed the seventh day and made it holy, because on it God [Elohim] rested from all his work that he had done in creation.

The Hebrew word for Sabbath is *Shabbat*. While *Shabbat* is a noun, the root of the word comes from the Hebrew verb *shavat*, literally meaning “to cease.”

YHWH was the first to example observing the 7th day Sabbath following his work in the first six days. He rested, or ceased. He then made it holy, or set apart. Did He set it apart for only Him to observe? No, He set it apart for man to observe. Our observance of Shabbat is a sign of His covenant with us.

Exodus 31:16

Therefore the people of Israel **shall keep the Sabbath**, observing the Sabbath throughout their generations, **as a covenant forever**.

So, why is the Sabbath a sign or mark of the covenant?

A covenant is an agreement between two people. In YHWH's covenant to us, as His people, He has promised us to take us into the land for a 1,000-year rest, prefaced by a resurrection, all through Messiah Yeshua. Both of these things are to occur on the 7th day. By us observing the 7th day Sabbath, we are acknowledging and respecting YHWH's promise to His people, and by acknowledging and respecting His promises, we are showing the world YHWH's grace.

As we've already mentioned, the Hebrew verb *shavat* means to "cease." That is its most frequent and basic meaning. We see this meaning expressed in Genesis 8:22 in the context of God's covenant with Noah:

Genesis 8:22

[While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease.](#)

This promise is cited as a prophetic sign that God remains faithful to the people of Israel:

Jeremiah 31:35-36

[Thus says the Lord \[YHWH\], who gives the sun for light by day and the fixed order of the moon and the stars for light by night, who stirs up the sea so that its waves roar—the Lord \[YHWH\] of hosts is his name: "If this fixed order departs from before me, declares the Lord \[YHWH\], then shall the offspring of Israel **cease** from being a nation before me forever."](#)

Just as the fixed order of seasons and days does not cease, YHWH does not cease in His enduring love and commitment toward His people. Every Sabbath reminds us of God's faithfulness.

Since the noun *Shabbat* is derived from the verb *shavat*, meaning to cease, Shabbat could be understood simply to mean...

"...the day that stops," implying the cessation of work or regular activity.

-Dictionary of the Old Testament: Pentateuch: A Compendium of Contemporary Biblical Scholarship

Thus, the Hebrew root of Shabbat informs us that the Sabbath is a day to stop, to cease. As we speed down the busy highway of life, the Sabbath compels us to hit the brakes, to take the next available exit, and pull into God's "rest" area. We were not created to be busy and working and moving all the time, 24/7. We need a break. God knows this, which is why He gives us the one day to enjoy every week. The seventh day is a day to cease, to focus on our family, and to honor YHWH, reflecting on His great love.

For more on the prophetic meaning of the 7th Day Sabbath, we would recommend the teachings:

- [The Creation Prophecy](#)
- [Brit Hadasha: The 4th and 7th Day \(Parts 1 and 2\)](#)
- [Hebrews 4: In His Rest Now or Later?](#)

For more teachings about the Sabbath, you might be interested in:

- [The Timing of the Sabbath](#)
- [No Fire on the Sabbath](#)
- [The Sabbath Day](#)

We pray you have been blessed by this teaching.

Remember, continue to test everything. Shalom!

For more on this and other teachings, please visit us at www.testeverything.net

Shalom, and may Yahweh bless you in walking in the whole Word of God.

EMAIL: Info@119ministries.com

FACEBOOK: www.facebook.com/119Ministries

WEBSITE: www.TestEverything.net & www.ExaminaloTodo.net

TWITTER: [www.twitter.com/119Ministries#](https://twitter.com/119Ministries#)