



Sabbath Laws According to BABASHUVA and the Bible

By the Prophet NathanOr BenZvi

Section 1 – Source of Authority

1. The Sabbath laws of **BABASHUVA** are based exclusively on the **Written Torah**: the Five Books of Moses, the Prophets, and the Writings.
 2. The Oral Torah, rabbinic enactments, protective fences, or enumerations of labors that are not explicitly written in Scripture have **no binding authority**.
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Section 2 – The Essence of the Sabbath

1. The Sabbath is an eternal covenantal sign between GOD and humanity.
“The children of Israel shall keep the Sabbath... it is a sign forever”
(Exodus 31:16–17)
 2. The purpose of the Sabbath is genuine rest, holiness, moral refinement, ethical responsibility, and the strengthening of human and family bonds.
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Section 3 – Foundational Principle: The Test of Materiality

1. Sabbath prohibition applies **only** to actions that actively change the **physical, material world**.
2. Cognitive, emotional, verbal, or digital activity that does **not** produce a material change is **not prohibited by the Torah**.

Section 4 – Explicit Prohibitions in the Bible and BABASHUVA

(Forbidden on the Sabbath) ●

| Category | Modern Examples | Explanation |
|---------------------------------------|--|---|
| ● Plowing and Harvesting | Plowing, sowing, planting, harvesting | Significant material change to the land (Exodus 34:21) |
| ● Kindling Fire | Lighting a bonfire, operating a physical oven | Material change in the external world (Exodus 35:3) |
| ● Carrying Objects | Transferring objects between domains not for saving life | Physical material change (Jeremiah 17:21–22) |
| ● Commerce | Physical buying and selling | Material / economic change (Nehemiah 13:15–17) |
| ● Construction / Repair / Demolition | Building, repairing walls, painting objects | Any material action that creates physical change (Exodus 20:10) |
| ● Pruning or Cutting for Use/Creation | Pruning trees or cutting for use or production | Physical alteration of material (Exodus 20:10; Nehemiah 13:15) |
| ● Use of Vehicles | Leisure travel, social visits (not life-saving) | Spatial material change; disrupts rest |
| ● Smoking and Drugs | Cigarettes, drugs, harmful alcohol | Harms spiritual rest and physical health |
| ● Immoral Entertainment / Parties | Loud parties, non-holy activities | Disrupts family joy and Sabbath sanctity |
| ● Violence / Cursing | Harming others, insults, shouting, bullying | Moral and spiritual desecration of the Sabbath; contradicts the principle “Beneath the flesh, we are all human” |
| ● Air Travel | Flights and long-distance travel not for saving life | Significant spatial material change |

Section 5 – Movement, Visiting, and Care

1. Walking on foot is permitted without distance limitation.
2. Visiting family members, neighbors, and those in need is permitted **by foot only**.
3. Care for dependents: independent travel by vehicle is forbidden; care must be provided **at the location where the person in need is found**.
4. Hospital care: independent travel, including by vehicle, is permitted **only** for immediate life-saving purposes.
5. Use of a vehicle for purposes other than saving life is forbidden, including leisure or convenience travel.

Section 6 – Preservation of Life (*Pikuach Nefesh*)

“And you shall live by them” (Leviticus 18:5)

1. A clear and immediate danger to life overrides all Sabbath prohibitions.
2. Routine treatment that does not involve danger to life must be carried out **on foot only**.

Section 7 – Permitted Activities on the Sabbath ●

| Category | Modern Examples | Explanation |
|---|--|---|
| ● Speech, Meditation, Emotional Support | Family conversation, emotional support, relaxation | No material change in the external world |
| ● Study, Reading, Digital Writing | Bible study, creative writing, podcasts | No material change in the external world |
| ● Use of Digital Devices | Computer, phone, internet, videos, music | Permitted as long as the activity is purely digital and does not create significant physical change |

| Category | Modern Examples | Explanation |
|---|---|---|
| ● Sabbath Meals and Joy | Sabbath meals, board games, blessing children, storytelling | Strengthens holiness, rest, and love of others |
| ● Care for Dependents / Those in Need | No independent vehicle use; care provided on site | Permitted for basic care or life preservation without vehicle use |
| ● Hospital Care | Travel by vehicle permitted only for saving life | Allowed solely for life-saving purposes |
| ● Planning or Agreement for Future Action | Scheduling meetings, coordinating post-Sabbath events | Permitted as long as no material change or object transfer occurs on the Sabbath itself |

Section 8 – Repentance for Sabbath Violation

“Return to Me, and I will return to you” (Zechariah 1:3)

1. Repentance consists of inner remorse and a return to values.
2. There are no guilt rituals or special ceremonies.
3. Joyful observance of the next Sabbath with one’s family is a path of correction.

Summary

According to BABASHUVA, the Sabbath is a sacred sign of rest, joy, and love of others—not a technical system of prohibitions. Any action that violates material restraint, spiritual rest, or love of fellow human beings is considered a desecration of the Sabbath.

“Beneath the flesh, we are all human.”

The Sabbath reminds us of the human being and inner holiness beyond external actions.