

## **Things forbidden on the Sabbath**

Below are some of the things that are forbidden on a [Shabbat-Sabbath] Most of these restrictions are man inspired and are not considered laws. However, these additional restrictions came from overzealous rabbis of the ages. Which is also understandable in light of [John 5:9-18] when the people sought to kill Jesus because he healed a man on the sabbath. The people of Johns time were taught to follow the mishianic laws of the elders & Rabbis as if it was the authoritative law of God or equal to Gods law. This is where ignorance and error developed which is why they thought what Jesus was doing was in violation to the rabbis laws Not gods law.

### **Forbidden on Shabbat**

**According to the Torah itself there were only two laws which violated the law of the sabbath, see this underlined in the below**

**“The only two forbidden acts that the Torah specifies are kindling a fire”** (which means no electricity or cooking on Shabbat) and **“carrying in the public domain”**. Our Sages have explained that melachah refers to any activity that replicates or resembles the work that was done in preparation for building the Mishkan (the temporary Sanctuary) in the desert. Altogether, this makes up the 39 melachas (categories of forbidden acts on Shabbat).

The 39 melachas are grouped into different categories for the different activities that the Jews engaged in preparation for building the Mishkan-tabernacle. The first group of 11 melachas is based on the process of making bread, from plowing and sowing the land to kneading and baking. The next 13 melachas are the method of producing garments, from shearing and dyeing the wool to tearing thread. The third set of melachas is based on the process of using parchment to write, from trapping an animal to writing and erasing. The final set of melachas involves other creative activities such as building and destroying, burning and extinguishing, finishing a product and transporting objects in the public domain.

These are all called ‘av melachas’- the ‘father’ laws. Under each of these laws, there are many ‘toladot melachas’- the ‘children’ laws, which are similar to the av melachah and, therefore, equally forbidden. Then, there are the laws of muktzeh that were enacted by our Sages to further protect the sanctity of the day. Muktzeh refers to the prohibition of moving or handling objects on Shabbat. The idea behind the laws of muktzeh is that one should not come close to actually performing the forbidden acts. For example, writing is forbidden on Shabbat, so touching a pen or any other writing instrument is muktzeh.

**I Think anyone can see from all the forementioned in this article that the over burden of the sabbath rules of the rabbis & elders was not a joy for the people to keep, but was a huge weight. NO one could ever feel free without guilt if they had to follow all of these unnecessary laws without breaking them in some way. And this is a problem that Jesus faced & dealt with watching his people be overburdened by their rabbis and elders and making their own laws above Gods word and commandments. So that the people no longer respected the very law of God, but feared breaking the law of the rabbis and elders more. We see this attitude in the heart of those who persecuted Jesus for healing on the Sabbath. They thought they were in the right, but in reality they were in violation of rejecting their Messiah doing and fulfilling Gods word and his works on a sabbath, which he was fulfilling the sabbath because he gave the people true rest and freedom from their illnesses so they could enjoy the sabbath.**