

## Abraham Joshua Heschel – The Sabbath – It's meaning for Modern Man

- The meaning of the Sabbath is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on the Sabbath we try to become attuned to *holiness in time*. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.
- The Sabbath is not for the sake of the weekdays; the weekdays are for the sake of Sabbath. It is not an interlude but the climax of living.
- Not only the hands of man celebrate the day, the tongue and the soul keep the Sabbath. One does not talk on it in the same manner in which one talks on weekdays. Even thinking of business or labor should be avoided. Labor is a craft, but perfect rest is an art.