

Summary of Shabat Instructions!

- 1: Do no work, nor anyone or any cattle in your gates (**Shamut (Names/Exodus) 20:9-11**)
- 2: No cooking and preparing meals that you didnt already prepare on the 6th day / prep yum. (**Shamut (Names)/ Exodus 16:23**)
- 3: No Buying or selling (**Yubalym (jubilees) 50:8**)
- 4: No going on any journey or journey in regards to buying or selling (**Yubalym (jubilees) 50:8**)
- 5: Do not do your own pleasures/ desires on this day (**YashaYAHU (isaiah) 58:13**)
- 6: Do not speak your own words (**YashaYAHU (isaiah) 58:13**)
- 7: Carry no burden in or out of your tent/house (**Yubalym (jubilees) 50:8**)
- 8: Do not lie with your partner (**Yubalym (jubilees) 50:8**)
- 9: Do not kindle a fire (back then it was a lot of work) (**Yubalym (jubilees) 50:12**)
- 10: Do not draw water for yourself (back then they used wells to get water and it was alot of work) (**Yubalym (jubilees) 50:8**)
- 11: Do not till your farm / ground (**Yubalym (jubilees) 50:12**)
- 12: Do not travel on ship (**Yubalym (jubilees) 50:12**)
- 13: Do not slaughter a beast or bird (**Yubalym (jubilees) 50:12**)
- 14: Do not catch a fish or any animal (**Yubalym (jubilees) 50:12**)
- 15: Do not Tzum (fast) on this day (**Yubalym (jubilees) 50:12**)
- 16: Have a Qadush gathering to praise YAHUAH and study his dabar together (**U'YAH'Qara/ leviticus 23:3**)
- 17: Worship YAHUAH (**YashaYAHU(isaiah) 66:23**)
- 18: Do not strike or kill anything (**Yubalym (jubilees) 50:12**)
- 19: Do not make war (**Yubalym (jubilees) 50:12**)