

## “THE SABBATH” QUOTES:

1. “The Sabbath is a metaphor for paradise and a testimony to God’s presence.” – Susannah Heschel, *The Sabbath* (Introduction)
2. “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.” – Abraham Joshua Heschel, *The Sabbath*
3. “The seventh day is like a palace in time with a kingdom for all. It is not a date but an atmosphere.” – Abraham Joshua Heschel, *The Sabbath*
4. “Menuha which we usually render with ‘rest’ means here much more than withdrawal from labor and exertion, more than freedom from toil and strain or activity of any kind. Menuha is not a negative concept but something real and intrinsically positive... ‘What was created on the seventh day? Tranquility, serenity, peace, and repose.’ (Genesis)... To the biblical mind menuha is the same as happiness and stillness, as peace and harmony... In later times menuha became a synonym for the life in the world to come, for eternal life.” – Abraham Joshua Heschel, *The Sabbath*

5. “The faith of the Jew is not a way out of this world, but a way of being within and above this world; not to reject but to surpass civilization. The Sabbath is the day on which we learn the art of surpassing civilization.” – Abraham Joshua Heschel, *The Sabbath*

6. “To set apart one day a week for freedom, a day on which we would not use the instruments which have been so easily turned into weapons of destruction, a day for being with ourselves, a day of detachment from the vulgar, of independence of external obligations, a day on which we stop worshipping the idols of technical civilization, a day on which we use no money, a day of armistice in the economic struggle with our fellow [humans] and the forces of nature—is there any institution that holds out a greater hope for [humanity’s] progress than the Sabbath?” – Abraham Joshua Heschel, *The Sabbath*

7. “It is a day in which we abandon our plebeian pursuits and reclaim our authentic state, in which we may partake of a blessedness in which we are what we are, regardless of whether we are learned or not, of whether our career is a success or a failure; it is a day of independence of social conditions.” – Abraham Joshua Heschel, *The Sabbath*

8. “For the Sabbath is a day of harmony and peace, peace between [human] and [human], peace within [human], and peace with all things.” – Abraham Joshua Heschel, *The Sabbath*

9. “All that is divine in the world is brought into union with God. This is Sabbath, and the true happiness of the universe.” – Abraham Joshua Heschel, *The Sabbath*

10. “The Sabbath is not only a legal institution, a state of mind or a form of conduct, but a process in the world of spirit. At the beginning of time there was a longing, the longing of the Sabbath for [humanity].” – Abraham Joshua Heschel, *The Sabbath*

11. “While Jewish tradition offers us no definition of the concept of eternity, it tells us how to experience the taste of eternity, it tells us how to experience the taste of eternity or eternal life within time. Eternal life does not grow away from us; it is ‘planted within us,’ growing beyond us.” – Abraham Joshua Heschel, *The Sabbath*

12. “To Jewish piety the ultimate human dichotomy is not that of mind and matter but that of the sacred and the profane. We have known profanity too long and have become accustomed to think that the soul is an automaton. The law of the Sabbath tries to direct the body and the mind to the dimension of the holy. It tries to teach us that [humanity] stands not only in a relation to nature but in a relation also to the creator of nature.” – Abraham Joshua Heschel, *The Sabbath*

13. “What is the Sabbath? Spirit in the form of time. With our bodies we belong to space; our spirit, our souls, soar to eternity, aspire to the holy. The Sabbath is an ascent to the summit.” – Abraham Joshua Heschel, *The Sabbath*

14. “One must be overawed by the marvel of time to be ready to perceive the presence of eternity in a single moment. One must live and act as if the fate of all of time would depend on a single moment.” – Abraham Joshua Heschel, *The Sabbath*

15. “But the Sabbath as experienced by [humanity] cannot survive in exile, a lonely stranger among days of profanity. It needs the companionship of all other days.” – Abraham Joshua Heschel, *The Sabbath*

16. “Inner liberty depends upon being exempt from domination of things as well as from domination of people... This is our constant problem—how to live with people and remain free, how to live with things and remain independent.” – Abraham Joshua Heschel, *The Sabbath*

17. “On the Sabbath it is given us to share in the holiness that is in the heart of time.” – Abraham Joshua Heschel, *The Sabbath*

18. “Eternity utters a day.” – Abraham Joshua Heschel, *The Sabbath*