

**You shall observe the Sabbath for it is holy for you. (Exodus 31:14)**

In the month of Cheshvan we celebrate no holiday. Yet, we do have five holy days this Cheshvan - *Shabbos*. Shabbos is a day more holy than any other. In contrast to other special days, rest on Shabbos is absolute - **You shall not do any work** (Exodus 20:10). “*Any work*” includes thirty nine divisions of labor (Shabbos 73A). Some of these involve strenuous physical activity and some do not. All of these activities cause actual tensions which are a disturbing deterrent to mental, emotional and spiritual tranquility, relaxation and rest.

The Torah expressly mentions one of them: **You shall not kindle fire in any of your dwellings on the day of Shabbos** (Exodus 35:3). This example is particularly chosen because when dealing with fire a person will consciously or subconsciously feel fear and tension. This applies nowadays to operating motorized equipment more than anything else.

The physical activity of walking a mile might leave a person tired but yet relaxed. While driving a mile involves a miniscule of physical exertion, it causes extreme tension. When approaching an automobile, a multitude of apprehensive fears run through the mind. Will the door open? Will the motor start? Is there enough oil in the engine? Will the tires get a blowout? Will I run out of gas? If relaxed while driving, a crash is bound to occur. Every other driver on the road is a source of anger, fear and rage.

Driving on Shabbos is a serious violation and is counterproductive. Driving to the synagogue magnifies the sin. The previous Lubavitcher Rebbe writes: “In reference to those who drive to Shul on Shabbos, it is incumbent upon the Rabbi to state: *When You come to appear before Me- who sought this from your hand, to trample my courtyards? (Isaiah 1:12.)* He should tell them to come to synagogue on week days. On Shabbos to gather ten men in someone's home or to pray by ones' self.”

**Proper observance of Shabbos results in an extreme blessing in all facets of life**