

Yom Kippur

The Double Shabbat

Leviticus 16:29

בַּחֹדֶשׁ הַשְּׁבִיעִי בְּעֶשְׂרֵי לַחֹדֶשׁ תַּעֲנֹוּ אֶת נַפְשֵׁיכֶם

In the seventh month, on the tenth of the month, you shall afflict yourselves

Leviticus 16:31

שַׁבַּת שַׁבְּתוֹן הִיא לָכֶם וְעִנִּיתֶם אֶת נַפְשֵׁיכֶם חֻקַּת עוֹלָם

It is a Sabbath of rest for you, and you shall afflict yourselves. It is an eternal statute.

Maimonides: Positive Commandment #164

The 164th *mitzvah* is that we are commanded to fast on the tenth of Tishrei [i.e. Yom Kippur]. The source of this commandment is G-d's statement (exalted be He), "You must afflict your lives."

The *Sifra* explains: "The expression 'You must afflict your lives' refers to 'affliction' that affects one's actual life. What is that? Eating and drinking." The Oral Tradition explains that one must also refrain from bathing, anointing, wearing leather shoes, and engaging in marital relations. The source that one must refrain from all these activities is the verse, "It is a Sabbath of Sabbaths to you, and you must afflict your lives." The verse says, "Sabbath of Sabbaths," to indicate that one must refrain [observe a "Sabbath"] from the various categories of *melachah* and prohibited activities, and that one must refrain [observe a "Sabbath"] from those things which nourish and sustain the body.

Maimonides: Positive Commandment #165

The 165th *mitzvah* is that we are commanded to refrain from the various categories of *melachah* and prohibited activities on this day [of Yom Kippur]. The source of this commandment is G-d's statement, "It is a Sabbath of Sabbaths to you." We have already explained many times that the term *Shabbason* indicates a positive commandment.

Maimonides: Negative Commandment #329

The 329th prohibition is that we are forbidden from performing *melachah* on Yom Kippur. The source of this commandment is G-d's statement, "Do not do any *melachah* [on this day, because it is a day of atonement]." If one intentionally transgresses this commandment, the punishment is *kores* as explained in Scripture. If the act was unintentional, he must bring a sin-offering.