Hennadiy Rumiantsev

Git **commit** creates a commit, which help you to save your including files in real time. These commits are like snapshots of your entire repository at specific times. You have to make new commits often, based around logical units of change. By the way, commits can tell a story of the history of your repository and how it came to be the way that it currently is. Commits include lots of metadata in addition to the contents and message, like the author, timestamp, and more

Shortly: That`s your save point in working with files witch independent from each other