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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, that`s really useful if you working in groups, you can do your part of work, and your colleague do that, with time you mix your project and upload to a directory and if something went work, you have a copy of your project and files which was mixed. Commits also 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 which independent from each other

