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La Jolla Christian Fellowship

## **REST : Episode 3**

### **The Sabbath Year**

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#### ***Leviticus 25:1-7***

*The LORD said to Moses at Mount Sinai, <sup>2</sup>“Speak to the Israelites and say to them: ‘When you enter the land I am going to give you, the land itself must observe a Sabbath to the LORD. <sup>3</sup>For six years sow your fields, and for six years prune your vineyards and gather their crops. <sup>4</sup>But in the seventh year the land is to have a year of Sabbath rest, a Sabbath to the LORD. Do not sow your fields or prune your vineyards. <sup>5</sup>Do not reap what grows of itself or harvest the grapes of your untended vines. The land is to have a year of rest. <sup>6</sup>Whatever the land yields during the Sabbath year will be food for you—for yourself, your male and female servants, and the hired worker and temporary resident who live among you, <sup>7</sup>as well as for your livestock and the wild animals in your land. Whatever the land produces may be eaten.*

Resting is an act of Faith!

Read Scripture.

“If you don’t take a Sabbath, something is wrong. You’re doing too much; you’re being too much in charge. You’ve got to quit, one day a week, and just watch what God is doing when you’re not doing anything.” Eugene H. Peterson

- One of the most subtle attacks of the enemy is to destroy Sabbath.

#### **God has created the entire world to need a Sabbath rest.**

- Things that don’t rest, break.

Stress:

- Stress is being stretched beyond your limits.
- Stress is overextending yourself without proper time for recovery.
- Stress is believing you can do more than your human frame can take.

#### **1. God’s command of a Sabbath was not a suggestion.**

Vs. 1 **The Lord** said to Moses at Mt. Sinai.

- Perhaps no other command of God is as broken or forgotten as Sabbath keeping.
- Not valued.
  - We were meant to live at camel speed not light speed.

#### **2. The blueprint of Sabbath rest is built into all of creation.**

Vs. 2 “the land itself must observe a Sabbath to the Lord”

- God has created even the soil we walk upon to need rest.
- Other examples of nature resting: Deciduous trees, Winter, Night
  - **Why does nature also have this need to rest?** What God creates will always reflect his character. (Hebrews 4)
  - There is a deep connection between humanity and creation.

### 3. **Sabbath keeping is a holy act unto the Lord.**

Vs.4 But in the seventh year the land is to have a year of Sabbath rest, **a Sabbath to the LORD.**

- *“Keeping the Sabbath day holy is much more than just physical rest. It involves spiritual renewal and worship.” James E. Faust*
- Sabbath is an offering to the Lord.
- Sabbath is an actual entering into God’s rest.
- Sabbath is a test of faith
  - Shmita is the Jewish word for "a Sabbath Year" and literally means "release".
    - Sabbath is giving God margin in your life to be in control.
    - When we rest, we release our control in an act of faith.
    - A shmita year is also a year when debt is forgiven.

### 4. **Sabbath keeping brings blessing and prosperity.**

- God is not hindered by your lack of production.
- **Lev 25:18-22** <sup>18</sup>“Follow my decrees and be careful to obey my laws, and you will live safely in the land. <sup>19</sup>Then the land will yield its fruit, and you will eat your fill and live there in safety. <sup>20</sup>You may ask, “What will we eat in the seventh year if we do not plant or harvest our crops?” <sup>21</sup>**I will send you such a blessing in the sixth year that the land will yield enough for three years.** <sup>22</sup>While you plant during the eighth year, you will eat from the old crop and will continue to eat from it until the harvest of the ninth year comes in.

**Taking it to the streets:** These questions and exercises are meant to be used as a platform for greater discussion in small groups, one on one mentoring, over coffee with a friend, or just deeper personal growth.

1. What if any changes to your life have you implemented since Pastor Adam began this sermon series on rest?
2. In today’s sermon stress was seen as "being stretched beyond your limits". Where are you currently stressed beyond your limits and what could you do to lessen that stress?
3. Keeping the Sabbath is supposed to be a holy act. Gen 2:3. Do you currently keep a Sabbath and if so, how are you keeping it holy?
4. Sabbath keeping requires a full day’s commitment to God and the discipline of rest. Do you feel you could currently do that in your life? Why or why not?
5. Sabbath keeping was seen as an act of faith and release. In Lev. 25:18-22 God maximizes production during times of rest. Do you believe that this would be true for you if you committed to Sabbath?
6. Here’s a hard question: Do you want to slow down or do you need activity and hurriedness in your life to maintain a sense of purpose and meaning?