

# ***Rediscovering Sabbath, Week 4***

## **Small Group Discussion Guide, week of Oct 2<sup>nd</sup>**

### **OCTOBER 2<sup>ND</sup> SERMON SUMMARY**

#### **REDISCOVERING SABBATH: RESTRUCTURE (LEVITICUS 23, 25)**

The 7 festivals of Leviticus 23 and the Sabbath year and Year of Jubilee of Leviticus 25 involve an additional day or time of Sabbath. They represent our historical past, as well as our future, finding fulfillment in Christ and the bigger picture of God’s redemptive plan.

Sabbath is more than rest; it re-connects us to God, identifies us as His beloved, and looks forward to Christ’s return.

<b>Spring Festivals</b>	<b>Jewish Significance</b>	<b>Christian Fulfillment</b>
Passover	Deliverance from Slavery	Death of Christ
Unleavened Bread	Removal of Sin	Sinless Lamb in Tomb
First Fruits	Beginning of Spring Harvest	Resurrection of Christ
Pentecost	Torah Given	Holy Spirit Given

<b>Fall Festivals</b>	<b>Jewish Significance</b>	<b>Christian Fulfillment</b>
Trumpets	New Year	[Future] Day of the LORD
Day of Atonement	Covering of Sins	[Future] Redemption of Saints
Tabernacles	God’s Provision in Wilderness	[Future] Reign of Christ!

### **DISCUSSION QUESTIONS**

1. Share briefly about a festival, holiday or celebration that holds special meaning for you.
2. Discuss one or both of these questions:
  - What stood out to you or impacted you in the message?
  - What stood out to you or impacted you in the description of the 7 festivals?

## READ LEVITICUS 25:1-7, 20-22 about the Sabbath Year

**1** The Lord said to Moses at Mount Sinai, **2** “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. **3** For six years sow your fields, and for six years prune your vineyards and gather their crops. **4** 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. **5** Do not reap what grows of itself or harvest the grapes of your untended vines. The land is to have a year of rest. **6** 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, **7** as well as for your livestock and the wild animals in your land. Whatever the land produces may be eaten.

... **20** You may ask, “What will we eat in the seventh year if we do not plant or harvest our crops?” **21** I will send you such a blessing in the sixth year that the land will yield enough for three years. **22** 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.

3. Describe what happens during the 7<sup>th</sup> year in regards to:
  - a. the farmer/landowner
  - b. the servants and workers
  - c. the land
  - d. If you have agricultural or gardening experience, how is this a good practice for the land?
4. God gives this instruction to the Israelites before they even enter the Promised Land, before they see the land and plant crops.
  - a. How did their response require faith?
  - b. What other attitudes might God have been building in their hearts?
5. Imagine the 7<sup>th</sup> year, a whole year of not working.
  - a. What do you think life would have been like for the Israelites who observed a Sabbath year? Think of both positives and negatives.
  - b. What would it be like for someone today to take a year of Sabbath rest? What challenges or blessings would someone in your workplace face?
  - c. How might this impact a person’s relationship with God?

## APPLICATION QUESTIONS

6. Nick described two different experiences of Sabbath: 1) as a student 15 years ago when he felt more stressed than rejuvenated; and 2) now, in life-giving times with his daughter Cianna and in surfing.

- Which of those experiences do you relate to more?
- What appeals to you in his examples of Sabbath rest?

7. As you think about what gives you life and what is restful for you, describe what Sabbath rest might look like for you.

- What would you do? What activities would you enjoy?
- What would you have to re-structure or change so that Sabbath flows for you?
- How would you re-connect with God?

## SABBATH PRACTICES AND EXERCISES

Each week you will be given some practical ideas and exercises to incorporate a time of Sabbath - use them (or not), or tweak, change, or adapt them in whatever way fits you.

### **Play**

The problem is not simply that we work too much, the problem is that we are working for the wrong reward. What if we were to expand our definition of wealth to include those things that grow only in time – time to walk, take a nap, play with children, read a good book, dance, garden, cook playful meals with friends, paint, sing, meditate, journal.

At our house, the evenings are family time. We play cards, games, checkers, catch. After dinner and before bed no phones are answered, no business done.

When do you set aside time for play? How inviolable is it? Make sure to create a regular period for enjoying your children, spouse, or friends. Play nourishes our delight. When we engage in “purposeless” enjoyment of one another, we harvest some of the sweetest fruits of life.

(Excerpt from *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives* by Wayne Muller, p. 101-102.)