

# BELPRES CHURCH

## Sermon Title: Sabbath Rhythms

**Icebreaker Question:** What is something you are looking forward to?

**Opening Question:** Looking back to last week's sermon and scripture... How did you live differently or practice what we talked about in your life this week? What did you do and how did it go?

### **This week's scriptures: Leviticus 25:1-28**

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.

### **The Year of Jubilee**

<sup>8</sup> "'Count off seven sabbath years—seven times seven years—so that the seven sabbath years amount to a period of forty-nine years. <sup>9</sup> Then have the trumpet sounded everywhere on the tenth day of the seventh month; on the Day of Atonement sound the trumpet throughout your land. <sup>10</sup> Consecrate the fiftieth year and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee for you; each of you is to return to your family property and to your own clan. <sup>11</sup> The fiftieth year shall be a jubilee for you; do not sow and do not reap what grows of itself or harvest the untended vines. <sup>12</sup> For it is a jubilee and is to be holy for you; eat only what is taken directly from the fields.

<sup>13</sup> "'In this Year of Jubilee everyone is to return to their own property.

<sup>14</sup> "'If you sell land to any of your own people or buy land from them, do not take advantage of each other. <sup>15</sup> You are to buy from your own people on the basis of the number of years since the Jubilee. And they are to sell to you on the basis of the number of years left for harvesting crops. <sup>16</sup> When the years are many, you are to increase the price, and when the years are few,

you are to decrease the price, because what is really being sold to you is the number of crops. <sup>17</sup> Do not take advantage of each other, but fear your God. I am the LORD your God.

<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.

<sup>23</sup> “The land must not be sold permanently, because the land is mine and you reside in my land as foreigners and strangers. <sup>24</sup> Throughout the land that you hold as a possession, you must provide for the redemption of the land.

<sup>25</sup> “If one of your fellow Israelites becomes poor and sells some of their property, their nearest relative is to come and redeem what they have sold. <sup>26</sup> If, however, there is no one to redeem it for them but later on they prosper and acquire sufficient means to redeem it themselves, <sup>27</sup> they are to determine the value for the years since they sold it and refund the balance to the one to whom they sold it; they can then go back to their own property. <sup>28</sup> But if they do not acquire the means to repay, what was sold will remain in the possession of the buyer until the Year of Jubilee. It will be returned in the Jubilee, and they can then go back to their property.

## **Mark 1:24-38**

“What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!”

<sup>25</sup> “Be quiet!” said Jesus sternly. “Come out of him!” <sup>26</sup> The impure spirit shook the man violently and came out of him with a shriek.

<sup>27</sup> The people were all so amazed that they asked each other, “What is this? A new teaching—and with authority! He even gives orders to impure spirits and they obey him.” <sup>28</sup> News about him spread quickly over the whole region of Galilee.

## **Jesus Heals Many**

<sup>29</sup> As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. <sup>30</sup> Simon’s mother-in-law was in bed with a fever, and they immediately told Jesus about her. <sup>31</sup> So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.

<sup>32</sup> That evening after sunset the people brought to Jesus all the sick and demon-possessed. <sup>33</sup> The whole town gathered at the door, <sup>34</sup> and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

## **Jesus Prays in a Solitary Place**

<sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. <sup>36</sup> Simon and his companions went to look for him, <sup>37</sup> and when they found him, they exclaimed: "Everyone is looking for you!"

<sup>38</sup> Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."

**Scripture Reflection Questions:** Read this week's scriptures together and discuss the following:

- What would be the effects of the sabbath and jubilee year commands in Leviticus 25 on individuals? On Society as a whole?
- What kinds of pressures does Jesus face? Of those pressures which ones tend to make you feel the most stress?
- What do we learn from Jesus in this passage about handling stress and pressure?

**Sermon Reflection Questions:** Reflecting on this week's sermon, discuss the following:

- What Sabbath habits and routines do you already practice? What Sabbath habits and routines would you like to incorporate into your day? week? year?
- What is something that you can let go of, and allow to be a "C" instead of an "A" this week? Is this hard or easy for you to do?

**Closing Question and Application:** Given what we've discussed together today, how might God want you to apply these learnings to your life or in the life of your community this next week? Who might you share this with?

**Closing group prayer:** Spend a few minutes together in your group sharing prayer requests and then praying together for each other. Take the challenging parts of your conversation to Jesus. Thank God for the time together, the conversation shared, the other people in the group, and for encouragement in the week ahead.

**This week's Sabbath practice: REST**

**What's one way you can rest on sabbath?**

- Nature walks, get outside and enjoy creation.
- Sleep in or go to bed early. Nap when your child naps instead of getting things done.
- Have an unplanned day. Go somewhere new without an agenda or schedule.