

Sabbath Part 4 – Fallow Ground (6-23-2019)

1) **Commanded to Rest** - We are to use our calendar wisely, to schedule Sabbath's for Worship & Rest.

Exodus 23:10-14 (ESV)

(10) For six years you shall sow your **land** and gather in its yield, (11) but the seventh year you shall let it **rest and lie fallow**, that the poor of your people may eat; and what they leave the beasts of the field may eat. You shall do likewise with your vineyard, and with your olive orchard. (12) Six days you shall do your work, but on **the seventh day you shall rest**; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed. (13) Pay attention to all that I have said to you, and make no mention of the names of other gods, nor let it be heard on your lips. (14) Three times in the year you shall **keep a feast to me**.

Notes: Sabbaths & Festivals – for the purpose of Worshipping God and refreshing for the whole land!

- Rest – Fallow ground (6 years work it & harvest, 7th year is rest) – (Leviticus 25:1-7)
- Rest – The Sabbatical Year: The release of debt & of slaves - (Deuteronomy 15)

The Year of Jubilee: There are 7 - 7-year intervals (6 work & 1 sabbatical year), so 49 years. Then . . .

Leviticus 25:10-11, 20-22 (ESV)

(10) And you shall consecrate the fiftieth year, and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee for you, when each of you shall return to his property and each of you shall return to his clan. (11) That fiftieth year shall be a jubilee for you; in it you shall neither sow nor reap what grows of itself nor gather the grapes from the undressed vines . . . (20) And if you say, 'What shall we eat in the seventh year, if we may not sow or gather in our crop?' (21) I will command my blessing on you in the sixth year, so that it will produce a crop sufficient for three years. (22) When you sow in the eighth year, you will be eating some of the old crop; you shall eat the old until the ninth year, when its crop arrives.

However, the Sabbaths were largely ignored, especially the sabbatical year & the year of Jubilee . . .

2 Chronicles 36:15-16, 20-21 (ESV)

(15) The LORD, the God of their fathers, sent persistently to them by his messengers, because he had compassion on his people and on his dwelling place. (16) But they kept mocking the messengers of God, despising his words and scoffing at his prophets, until the wrath of the LORD rose against his people, until there was no remedy . . . (20) He took into exile in Babylon those who had escaped from the sword, and they became servants to him and to his sons until the establishment of the kingdom of Persia, (21) to fulfill the word of the LORD by the mouth of Jeremiah, until the land had enjoyed its Sabbaths. All the days that it lay desolate it kept Sabbath, to fulfill seventy years.

Notes: Captivity a result of not following God's ordinances including Sabbath years, so the land could rest even if the people wouldn't!

2) **Scheduling Rest** - We must purpose to schedule Sabbath's for worship & rest.

- Your **Calendar** is your greatest weapon to the enemy of busyness (That's Biblical!)
 - Schedule time for rest, you have to create margin. No one will do it for you.
 - Example: weekly review the calendar - we only allow a certain number of things per week.
 - Then, say "No!" or "My schedule won't allow it"

- **Take Stock** (This is where we quit – no one wants to work for rest, so we just work)
 - **How** do you re-charge: Where do People, Sleep, Slow Days, Adventure, & Entertainment fit in?
 - **When** do you re-charge: compare your "rest" style to your current calendar
 - **Who** needs to re-charge: consider those you are responsible for: spouse, kids, etc.

- **Make Plans** (if you don't schedule it you won't do it)
 - **Consider:** Family & Friends, Fun & Rest (These don't always work together!)
 - **Daily** – Sleep, Solitude (more on this next week), Physical activity, People
 - **Weekly** – How do you create Sabbath? (next week – worship & the family of God)
 - **Date night**
 - **Family time**
 - **Projects** – balance rest with home maintenance & projects
 - **Sleep in day** – Parents arrange a sleep in, nap-time, get away from kids time
 - **Seasonal** – Longer rest: vacation, long hike, reflection (and conversation if married)
 - **Parents:** if you have young kids, how do you rest on vacation?
 - **Flow:** Consider how you start & end: prep day and unpack day - ease back into life
 - **Sabbatical Years** – Plan for you (and your spouse) to have an extended break
 - This isn't just about a long vacation away
 - This is a time for saying no & creating lots of margin (Fallow Ground)
 - The space you create will allow for rest, reflection, and creativity
 - This church was born on vacation! (First conversation 2012 & final decision 2015)

Conclusion: God in his compassion for people established the Sabbath; don't neglect it or Him. Let's plan for worship and rest!

For Reflection: Take stock – review your calendar and adjust as needed. Create the margin for rest!