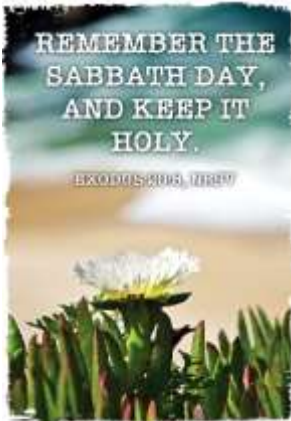


Jubilee

Read Leviticus 25:1-4a, 8-13, 54-55; Luke 4:16-21



The word *jubilee* is derived from the Hebrew word *jobel*, which means "ram's horn." A ram's horn was used as a trumpet, to announce the beginning of the jubilee year. The Jubilee is the year at the end of seven cycles of shmita (Sabbatical year) and, according to Biblical regulations found in the book of Leviticus, had a special impact on the ownership and management of land in Israel. The book of Leviticus describes the jubilee year as a year of liberation which comes at the end of seven weeks of years or the fiftieth year. Liberation, or freedom, comes from being in covenant relationship with God. Biblical Jubilee is the Sabbath of all Sabbaths. The practice of Sabbath involves both observation and remembrance as we observe and remember that God is with us and the source of all that we are and all that we have.

Questions for Reflection:

- In what ways do you embrace the rhythm of time affirmed in the Bible? In what ways are you able to thank God and rejoice in his goodness as you move through daily, weekly and yearly rhythms?
- What changes have you noticed during your lifetime in the weekly rhythm of the communities where you have lived? What are the positive and negative aspects of those changes?
- In what ways has the shelter at home practices impacted the rhythm of your life during the COVID-19 pandemic? What are the positive and negative aspects you've experienced? In what ways might the disorientation we are experiencing during the pandemic lead to taking on new direction in your life and/or in our communities?
- If you are not currently observing the sabbath, do you know people who are? What attracts you? What questions do you have? If you do observe the sabbath, what have you learned from it?

Adapted from *Sabbath Keeping* by Lynne M. Baab

Sabbath

The fourth of the ten commandments found in the book of Exodus reads, *"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God."* The practice of Sabbath involves setting apart time each week to rest in God's love. It is a time for being. Sabbath is given for our delight and communion with God. Set aside a time for Sabbath this week. If Sabbath is a new practice for you, start with a small chunk of time. The practice of Sabbath can include any of the following:

- Setting aside time for intimacy with God and others you love
- Resting in God
- Practicing restful activities such as walks, picnics and bonfires, naps, phone visits with friends and family, tea or coffee with a friend, family time, games with children, etc.
- Letting go of things that are stressful
- Refraining from to-do lists and competition
- Keeping company with Jesus
- Freedom from the addiction to busyness
- Honoring the way God created you by living a healthy and rested life
- Delighting in God, family, the seasons, meals and all the good gifts of creation

Adapted from *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun

Share your thoughts about the practice of Sabbath by emailing or texting Kathy Schmucker (kschmucker@faithumchurch.org, 330-224-6138) or Pastor Steve (sstultzcostello@faithumchurch.org, 330-224-7337). You are also welcome to share on social media @faithnorthcanton.