

# LIFE GROUP

## DISCUSSION QUESTIONS

### Sabbath Is about Justice and Forgiveness January 19, 2025

#### Summary

This sermon explores the biblical theme of Sabbath and Jubilee, highlighting how they reflect God's justice, forgiveness and provision. The Sabbath rhythms of rest, both weekly and annually, point to God's desire for trust, fairness and restoration. The Year of Jubilee, a super-sized Sabbath occurring every 50 years, involved land restoration, debt forgiveness and social justice. Jesus embodies the ultimate Jubilee, offering spiritual freedom and reconciliation. As followers of Christ, we are called to be people of Jubilee by working for justice, valuing all life and extending God's forgiveness and love to others.

#### Scripture

The LORD said to Moses, "Speak to the Israelites and say to them: 'These are my appointed festivals, the appointed festivals of the LORD, which you are to proclaim as sacred assemblies. For six years sow your fields, and for six years prune your vineyards and gather their crops. 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. Do not reap what grows of itself or harvest the grapes of your untended vines. The land is to have a year of rest'..." "Count off seven sabbath years—seven times seven years—so that the seven sabbath years amount to a period of forty-nine years. 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. 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. Leviticus 25:1-5, 8-10 (NIV)

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written: "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor." Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. He began by saying to them, "Today this scripture is fulfilled in your hearing." Luke 4:16-21 (NIV)

#### Let's Start

Review some of the ways the number seven appears in the Bible.

#### Gratitude and Prayer

How has God worked in your life since we were together?

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### Let's Talk

1. When you think about the concept of rest and restoration, what comes to mind, and how do you see it fitting into your relationship with God?
2. What lessons can we learn from the rhythms of Sabbath and Jubilee about trusting God's provision?
3. Kyle shared these principles of the Year of Jubilee:
  - God owns it all.
  - Trust God to provide, not ourselves.
  - God's people are people of justice.
  - God has forgiven us, so we forgive others.

How does Jesus' ministry fulfill the principles of the Year of Jubilee?

4. How do you think practicing Sabbath or embracing the principles of Jubilee could impact the way we approach justice and forgiveness in our communities?
5. How can the church support individuals in challenging circumstances — such as financial hardship or unexpected pregnancies — to reflect God's justice and love?

### Let's Act

Consider how you can bring a "mini Jubilee" to our community by helping someone in need or restoring a broken relationship.

If you haven't already, sign up for the Sabbath Challenge. You'll receive weekly emails and reminders that will help keep you accountable and offer suggestions and ideas on how to live this way practically in the midst of our busy lives.



If you're ready to participate in the Sabbath Challenge, we'd love to hear from you! To get started, scan the QR code or text "sabbath" to 952.900.3276 to let us know you're joining. We'll also send you a weekly reminder and check in to see how the challenge is going.

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