



Sabbath Blessing: Part Six
"It's Not All About Me"
Leviticus 25:1-7

Rest as Selfish?

A noble disincentive for avoiding Sabbath practice
My rest frees be to be ready to serve others (see Week Three)
My rest triggers rest for others
The reality of the interconnectedness of things
Lessons from Back to the Future

The Sabbath Ripple Effect

A solemn rest for the land: **Leviticus 25:4-5**
No organized sowing, pruning, reaping
Fallow practice is meant to restore soil nutrients, remove crop pests, max soil water storage
Food for you, slaves and servants, sojourners: provision for the poor and animals
Servants and animals get rest on the weekly sabbath day: **Deuteronomy 5:14**
Sabbath as an interconnected act where an entire ecosystem rests
"My rest means rest for others"

"Sabbath" Ripple Effect in Jesus' Ministry

Pattern of withdrawal after intense conflict
In Matthew we see each of Jesus' retreats leading to a gift for someone
After a Sabbath healing, a withdrawal, and a healing session: **Matthew 12:15**
After John's beheading, a withdrawal, healing, and feeding five thousand: **Matthew 14:13-21**
After the feeding, a withdrawal, and a boat rescue on a stormy sea: **Matthew 14:22-33**
After a Pharisaic confrontation, a withdrawal, and healing of a Gentile girl: **Matthew 15:21-28**

Possible Sabbath Ripple Effects for Our Practice

Avoiding the marketplace, the restaurants, the theater where people must serve you
Using less resources where possible: gas, electricity, water
Making less noise for our neighbors
Within family and friend circles, making your own coffee