



# GARDEN CITY C H U R C H

**2022 - Where we are going “YEAR OF RADICAL OBEDIENCE TO JESUS”, We are still in the midst of the Shmita Year (Sabbath of The Land) (Year of Release/Rest)**

**Sabbath is more than a day, it is a lifestyle, it is something God gave to His covenant people to live in and from as a model and example to the rest of the world. This is a part of how God’s government, favor, blessing, and promises are released and established in our lives, our families, our ministries, and communities.**

- The significance of Jewish calendar Year - year 5782 is a Shmita year. September 2021 began a Shmita year, “**YEAR OF RELEASE AND REST**”... Just as the Torah calls for Jews to work six days and rest on the seventh, it calls for them to work the land six years and let it rest in the seventh.  
[https://www.chabad.org/library/article\\_cdo/aid/562077/jewish/What-Is-Shemita.htm](https://www.chabad.org/library/article_cdo/aid/562077/jewish/What-Is-Shemita.htm)
  - i. **The Shmita (year of release and rest) year** included forgiving debts.
    - Deuteronomy 15:1-2 At the end of seven years you will make a release. And this is the manner of the release: to release the hand of every creditor from what he lent his friend; he shall not exact from his friend or his brother, because the time of the release for the Lord has arrived.
  - ii. The Shmita (year of release) year included giving your land rest.
    - Exodus 23:10-11 “Six years you shall sow your land and gather in its produce, 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. In like manner you shall do with your vineyard *and* your olive grove.
  - iii. Letting the Land rest the seventh year was a major act of trust and faith. God made a promise to those who honored and observed the Shmita year. A harvest of three times the amount was promised in year six to sustain the people through their Shmita year and beyond. Read below.
    - Leviticus 25:21-22 Then I will command My blessing on you in the sixth year, and it will bring forth produce enough for three years. 22 And you shall sow in the eighth year, and eat old produce until the ninth year; until its produce comes in, you shall eat *of* the old *harvest*.

**\*Responding to this looks like something individually and corporately...**

**Receiving rest for yourself may start with receiving God's forgiveness and mercy in your life. What are you holding onto that He has already released you from (Psalm 103:12 As far as the east is from the west, So far has He removed our transgressions from us).**

**Next it is time to forgive and release others. The enemy wants you bound, bitter, and broken. Forgiving others as the overflow response of receiving God's forgiveness is a key to freedom in this area. (Matthew 6:12 And forgive us our debts, as we also have forgiven our debtors)**

**I know many of us cannot relate to farming and giving the "land" rest but we all can relate to planting seed in the ground when it comes to things we invest in hoping for a return, hoping for a harvest. Maybe it's a relationship, a business, a ministry, a particular community in Columbus you've been praying for, serving, sharing the gospel with etc. The Shmita year invites you to say, "Ok God, I've been sowing, I've been plowing, I've even seen fruit, but in this season I'm taking my hands off of it and trusting it all back to you!" What does that look like in your life in this season?**

**Practical tools:**

- Shabbat (sabbath in Hebrew) meal (**see resource page on our website for Shabbat guide**)
- Praying for 15 minutes a day...specifically praying in tongues (**check out Adler Tribe ministry led by Jordan Blake. Find them on FB**)
- Taking walks and sabbath breaks during the work day....literally learning to "smell the roses"
- Find your spot with God outside, a park, a garden, a creek
- Be still, be silent, lean into solitude with the Lord...let Him speak to your anxious thoughts, your worries and your fears...you don't have to be strong enough on your own, your heavenly Father wants to give you rest!

**What keeps us from Sabbath? A few things but the main three are PRIDE (self strength), not TRUSTING GOD (self dependance)....and not being convinced of the importance and power of Sabbath according to the word.**

**God set the example for us when it comes to Sabbath. It is about His rest touching humanity and creation. He didn't need to sleep, we needed His rest to function properly. His rest coming down upon creation and humanity is what completed His process of making all things!**

**Genesis 2:2-3** And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. 3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

**The children of Israel were given the command to remember and keep the Sabbath Holy. It set them apart as God's covenant people. God called the Sabbath both blessed and holy!**

**Exodus 20:8-11** "Remember the Sabbath day, to keep it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day *is* the Sabbath of the Lord your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who *is* within your gates. 11 For *in* six days the Lord made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.

**Engaging and entering into Sabbath is an act of worship. It demonstrates who we are dependent upon who our trust is in!**

**Psalm 62:5-8** Yes, my soul, find rest in God; my hope comes from him. 6 Truly he is my rock and my salvation; he is my fortress, I will not be shaken. 7 My salvation and my honor depend on God; he is my mighty rock, my refuge. 8 Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

**Sabbath rest is the prerequisite to building! We tear down the high places, the idols that we are tempted to run to instead of the Lord. Sabbath is not only worship but it is warfare. Some of us are one moment of rest, silence, stillness, solitude away from breakthrough!**

**2 Chronicles 14:2-3,7** Asa did *what was good and right* in the eyes of the Lord his God, **3** for he removed the altars of the foreign *gods* and the *high places*, and broke down the *sacred pillars* and cut down the wooden images. Therefore he said to Judah, "Let us build these cities and make walls around *them*, and towers, gates, and bars, *while* the land *is yet before us*, because we have sought the Lord our God; we have sought *Him*, and He has given us rest on every side." So they built and prospered.

- *One of the main strategies of the enemy is to attempt to steal our rest based upon what is behind us or based upon what is in front of us...but true rest is found in the discipline and skill to learn how to be present.*
- **Psalm 91:1-2, 8** He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. **2** I will say of the Lord, "*He is my refuge and my fortress; My God, in Him I will trust.*" **8** Because you have made the Lord, *who is my refuge, Even the Most High, your dwelling place,*

**Jesus taught on the beauty of Sabbath! Two things we learn in the passage below are that the Sabbath is for man and that Jesus is the Lord of the Sabbath. The goal of Sabbath is to encounter the Lord! He knows exactly what we need and don't need on our Sabbath day.**

**Mark 2:27** Now it happened that He went through the grainfields on the Sabbath; and as they went His disciples began to pluck the heads of grain. **24** And the Pharisees said to Him, "Look, why do they do what is not lawful on the Sabbath?" **25** But He said to them, "Have you never read what David did when he was in need and hungry, he and those with him: **26** how he went into the house of God *in the days* of Abiathar the high priest, and ate the showbread, which is not lawful to eat except for the priests, and also gave some to those who were with him?" **27** And He said to them, "The Sabbath was made for man, and not man for the Sabbath. **28** Therefore the Son of Man is also Lord of the Sabbath."

**Jesus promises rest for our souls. From the place of oneness and alignment with the Father, He alone can reveal the Father to us. From this place He invites us to take on His easy yoke and light burden. He promises to teach us the ways of humility and gentleness. He promises us rest!**

**Matthew 11:28-30** At that time Jesus answered and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from *the* wise and prudent and have revealed them to babes. **26** Even so, Father, for so it seemed good in Your sight. **27** All things have been delivered to Me by My Father, and no one knows the Son except the Father. Nor does anyone know the Father except the Son, and *the one* to whom the Son wills to reveal *Him*. **28** Come to Me, all *you* who labor and are heavy laden, and I will give you rest (for your souls). **29** Take My yoke upon you and learn from Me, for I am  $\epsilon$ gentle and lowly in heart, and you will find rest for your souls. **30** For My yoke *is* easy and My burden is light."

- The enemy robs us of peace and rest in our mind through lies and accusations (**Matthew 4:2-4** After fasting forty days and forty nights, he was hungry. **3** The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." **4** Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God. **2 Cor. 10:5** We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. **1 Thess :16-18** Rejoice always, **17** pray continually, **18** give thanks in all circumstances; for this is God's will for you in Christ Jesus)
- **Phil 4:6**
- **Psalm 16:11**
- **Romans 14:17**
- **John 14:27** Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.
  - **Matthew 8:24** And suddenly a great tempest arose on the sea, so that the boat was covered with the waves. But He was asleep.

**Jesus is our rest! Because He has entered into rest conquering death, sin, hell and the grave, resurrecting, ascending, now seated at the right hand of the Father, we can enter into rest as well! Entering into rest is the only thing we are invited to strive for in the new testament.**

**Hebrews 4:6-8** Since therefore it remains that some *must* enter it, and those to whom it was first preached did not enter because of disobedience, **7** again He designates a certain day, saying in David, "Today," after such a long time, as it has been said:

"Today, if you will hear His voice,

Do not harden your hearts."

**8** For if <sup>[b]</sup>Joshua had given them rest, then He would not afterward have spoken of another day.

**Hebrews 4:10-11** For he who has entered His rest has himself also ceased from his works as God *did* from His. **11** Let us therefore be diligent (**Let us therefore strive to enter that rest, make every effort**) to enter that rest, lest anyone fall according to the same example of disobedience. **12** For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. **13** And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must give* account.

**The new heavens and new earth, the New Jerusalem, is going to be so special for one main reason. God will be us, He will dwell with us, tabernacle with us, like He did in the beginning, like He's always desired. We will experience an eternal Sabbath upon the return of the Lord! Aren't you glad we get to taste of it now!**

**Revelation 21:1-4** Now I saw a new heaven and a new earth, for the first heaven and the first earth had passed away. Also there was no more sea. **2** Then I, <sup>[a]</sup>John, saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. **3** And I heard a loud voice from heaven saying, "Behold, the tabernacle of God *is* with men, and He will dwell with them, and they shall be His people. God Himself will be with them *and be* their God. **4** And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."