

Embrace  
Holy  
Living

# RE- FLECTING GOD

09/29/17 - The Rhythm of Life

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Leviticus 25:1-12

Several fascinating studies on "circaseptan" ("about seven" or weekly) rhythms have revealed that nature revolves around a seven-day cycle. Everything needs to rest every seven days. Humans experience a drop in energy levels on the seventh day. Plants and animals experience similar rhythms. As they make their discoveries, scientists are surprised, while we just point to the Bible and say, "God told you so."

Just as God understands our need for rest, He extends this principle to the land as well. Every seventh year, Israel was not to plant anything nor harvest whatever grew without their cultivation. However, they were permitted to eat it, and, more importantly, share this serendipitous bounty, the result of leftover seed from the previous year, with their servants, hired workers, and any foreigners living among them.

In Isaiah 58, God said He would abundantly bless those who help the poor, the needy, and the oppressed. The rhythm of life is a powerful God-given beat.

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