

Journaling

Guided Journaling Prompts for Leviticus 25

1. The Sabbath Year:

- Read about the Sabbath year in Leviticus 25:1-7. Imagine you are a farmer during this time. How would letting the land rest be both challenging and rewarding?
- Reflect: Why do you think God wanted the land to have a rest? Have you ever taken a rest from something important? How did it feel?
- Personal Application: Think about one thing in your life that could use a "rest". How can you make time for this in your week?

2. The Year of Jubilee:

- In Leviticus 25:8-17, the Year of Jubilee is described as a time of freedom and returning things to their original owner. What do you think it means to have a fresh start?
- Reflect: Can you think of a time when you got a second chance or a new beginning? How did it make you feel?
- Personal Application: Is there someone you need to forgive or something you need to set right? Write about how you can work on this and what a fresh start might look like.

3. Helping Others:

- Leviticus 25:35-38 talks about helping others who are struggling. Why is it important to help people in need?
- Reflect: Have you ever been able to help someone, or has someone helped you? How did these moments make you feel?
- Personal Application: Think of one way you can help a friend or neighbor this week. Write down your plan.

4. God's Promise:

- Leviticus 25:18-22 assures us that if the Israelites obey God's commandments, He will provide for them. What does it mean to trust God's promises?
- Reflect: Can you remember a time when you had to trust that something good would happen? What did you learn from that experience?
- Personal Application: Write about one promise from God that you want to remember, especially when you feel worried or unsure. How can you remind yourself of this promise each day?

5. Prayer:

- Take a moment to pray and thank God for the lessons you've learned from Leviticus 25. Ask Him to help you rest when you need to, give others a fresh start, and trust in His promises.
- Journal your prayer: "Dear God, thank You for teaching me about Sabbath rest and Jubilee. Please help me to... [write your thoughts and requests here]. Amen."