



2025 SEED CREATION CARE

FROM SABBATH TO SABBATH

Creation Care as
Sabbath Rest for
“US” and “All”

2025 SEED CREATION CARE
DISCIPLESHIP PACKET
WEEK 2

Visit our website to get more information:

 WWW.SEEDCH.ORG





SCRIPTURAL MEDITATION:

“Speak to the people of Israel and say to them, When you come into the land that I give you, the land shall keep a Sabbath to the LORD.

Leviticus 25:2



REFLECTION:

God is a God of Sabbath rest. Scripture reveals that rest is intricately tied to God's creative activity; God creates for six days, then enters Sabbath rest on the seventh. All living things within God's creation—including mankind—need rest. Yet, it is not only living beings that require rest; God's law explicitly commands His people to grant rest even to the land itself. Interestingly, the land cannot secure its own rest; humanity bears the responsibility of providing rest to the land at appropriate intervals. One tangible way we can practice this command today is through wise consumption and intentional restraint from overconsumption of our food-related resources. Resting and restraining our use of natural resources is not merely a matter of practical wisdom; it reflects our faith and trust in the wisdom and design of God's created order. This lifestyle of reduced consumption can become a meaningful act of obedience and faith for God's children entrusted with the stewardship of creation. Ultimately, making intentional adjustments to our daily habits serves as a powerful, tangible witness, proclaiming the life-giving good news of God's kingdom to the world around us.

CREATION FACTS:

33% of global farmland has been lost in 40 years due to overuse—land needs rest to recover.



Fallowing fields (letting land rest) restores soil health and improves future harvests.



IT TAKES
1.7
EARTH'S 

We consume **1.7× more resources** than Earth can regenerate each year.

Digital use causes **4% of global emissions**—media rest helps creation and soul alike.



CREATION CARE PRACTICE OF THE WEEK:

CONSIDER

We live in a restless world. The soil and air of creation cry out for rest—and so do our souls. This week, let us slow down, reflect, and enter more deeply into God's Sabbath rest through simple Creation Care practices. These small, intentional acts can become a way of offering rest not only to ourselves but also to the Earth.

PRACTICE

Fast one meal during Holy Week



Spend time in reflection and prayer during the fast.



Include media fasting during this time to save energy and find rest for the soul away from various distractions.



Creation Care Throwback:

- Practice 7-minute showers
- Go Paper towel-less for a week
- "Clean-Out-The-Fridge" - Skip the groceries and consume the food we already have
- Re-organize my digital world - Delete old emails and clean up cloud accounts