

New Year, New You: New Rhythms

By Kevin Kusunoki, December 31, 2023

The Lord said to Moses, "Say to the Israelites: 'On the first day of the seventh month you are to have a day of sabbath rest, a sacred assembly commemorated with trumpet blasts. Do no regular work, but present a food offering to the Lord.'"

[Leviticus 23:23-25](#)

The Lord said to Moses, "The tenth day of this seventh month is the Day of Atonement. Hold a sacred assembly and deny yourselves, and present a food offering to the Lord. Do not do any work on that day, because it is the Day of Atonement, when atonement is made for you before the Lord your God. Those who do not deny themselves on that day must be cut off from their people. I will destroy from among their people anyone who does any work on that day. You shall do no work at all. This is to be a lasting ordinance for the generations to come, wherever you live. It is a day of sabbath rest for you, and you must deny yourselves. From the evening of the ninth day of the month until the following evening you are to observe your sabbath."

[Leviticus 23:26-32](#)

The Lord said to Moses, "Say to the Israelites: 'On the fifteenth day of the seventh month the Lord's Festival of Tabernacles begins, and it lasts for seven days. The first day is a sacred assembly; do no regular work. For seven days present food offerings to the Lord, and on the eighth day hold a sacred assembly and present a food offering to the Lord. It is the closing special assembly; do no regular work.

[Leviticus 23:33-36](#)

"So beginning with the fifteenth day of the seventh month, after you have gathered the crops of the land, celebrate the festival to the Lord for seven days; the first day is a day of sabbath rest, and the eighth day also is a day of sabbath rest. On the first day you are to take branches from luxuriant trees – from palms, willows and other leafy trees – and rejoice before the Lord your God for seven days. Celebrate this as a festival to the Lord for seven days each year. This is to be a lasting ordinance for the generations to come; celebrate it in the seventh month. Live in temporary shelters for seven days: All native-born Israelites are to live in such shelters so your descendants will know that I had the Israelites live in temporary shelters when I brought them out of Egypt. I am the Lord your God.

[Leviticus 23:39](#)

New Year New You:

1. Build a Habit of [Repentance](#) ✓
2. Build a Habit of [Remembrance](#) ✓



REFLECTION QUESTIONS

1. What lessons have you learned from your mistakes this year, and how can you apply those lessons to your life for the new year?
2. Share with somebody how you have seen God provide for you in this past year.