

Sabbath: Delight

Practicing the Way series

Sunday message from February 5th, 2023

~ Notes & Reflections ~

- **There are four movements of Sabbath that we are pressing into in this series: Stop, Rest, Delight and Worship.**
- **God delighted in all of His work.**
 - ❖ Read [Genesis 2.1-3](#). Read the passage a second time, substituting “delighted” for “rested” in verses 2 and 3 (another possible translation of the Hebrew *shabbat*). How does that shift the meaning of the passage? How does it fit with the context ([Gen 1.31](#))? How might this aspect of meaning affect your view of God?
- **God blessed the seventh day.**
 - ❖ Read [Genesis 2.1-3](#), this time substituting “made happy” for “blessed” in verse 3 (another possible translation of the Hebrew *barak*). How does that shift the meaning of the passage? How does it fit with the context? How might this aspect of the meaning affect your view of God?
- **On Sabbath, we let our minds focus on all that is very good.**
 - ❖ Sabbath is not a day of religious drudgery, but a life-giving day of delight. It should be the kind of day we look forward to and remember during the other days of the week.
 - ❖ What might it look like to delight in God? In His gifts? To see beauty? To “pamper your soul”? To “pleasure-stack”?
- **Sabbath helps us create a discipline of joy.**
 - ❖ Compile a list of things you delight in, bring you joy, ways you play... activity ideas for the Sabbath day.
- **“Sabbath keeping is a weekly 24-hour period of delight where we have no ‘have-tos’ or ‘ought-tos’ resulting in deep rest and renewal.” ~ Rich Villodas.**
 - ❖ What might it specifically look like for you to not have “have-tos” or “shoulds” during your Sabbath?
 - ❖ How might a Sabbath rhythm counter the “Binghamton blues”?
- **In a season of joy, we still need to make room for lament. In a season of pain, we still need to make room for Sabbath.**
 - ❖ How have you experienced this?
 - ❖ What might it look like to press into the delight Sabbath in this season of your life?
 - ❖ What might it look like to pay attention to the emotions that bubble up as try to make room for delight?
- **Sabbath comes every week, reminding us that God is present in all circumstances. We can rest in His presence.**
 - ❖ How has Jesus been present with you this week?
 - ❖ How is He inviting you to rest this week?
 - ❖ How can you start to create a rhythm of Sabbath this week?
- What statements or aspects of this message bring comfort? Which bring conviction? Take some time to talk to God about what bubbles up as you read/hear and reflect on this message.
- What might God be inviting you into as a response to this message/reflection on delight?