



Delight - Part 5 - "A Day Called Delight"

Genesis 2:1-3

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Exodus 20:8-11

Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God.

Deuteronomy 5:12-14

Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God.

Isaiah 58:13-14

If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob. "For the mouth of the Lord has spoken."

Mark 2:27-28

Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath."

Key Points

- Sabbath is a life-giving practice that was designed by God for us.
- God wove the rhythm of Sabbath deeply in the fabric of the creation and embedded it intimately into the human soul.
- Sabbath is a time set apart to experience rest as we deliberately stop working and trust in God's provision.
- God modeled the Sabbath then called us to remember and observe the Sabbath.

- Sabbath isn't a rule you have to follow, it's a gift for you that takes commitment, practice, and vision.
- The goal of Sabbath isn't rest, rest is a means to and a result of Sabbath.
- The goal of Sabbath is to refresh, renew, and reorient us toward a life with God.
- Life with God is where true rest and delight are found!

READ

Open your time together by reading the scripture passages on Page 1. Then, take a moment to consider what you just read:

- **Read Genesis 2:1-3, Exodus 20:8-11, and Deuteronomy 5:12-14. How did God model the practice of taking a Sabbath? Why does God invite us to remember and observe the Sabbath?**
- **Read Mark 2:27-29. What are the implications that God gave us the Sabbath as a gift?**

REFLECT

*"The Sabbath is an entire day set aside to follow God's example, to stop and delight." - John Mark Comer from *The Ruthless Elimination of Hurry**

*"Sabbath keeping is a weekly twenty-four-hour period of unhurried delight with no have-tos or ought-tos, resulting in deep rest and renewal." - Rich Villodas from *The Deeply Formed Life**

- **Read the quotes from John Mark Comer and Rich Villodas and Isaiah 58:13-14. How is our ability to experience delight tied to our willingness to slow down and Sabbath?**
- **Complete the following sentence: Taking a Sabbath sounds great, but Sabbath also sounds _____. What makes it challenging for you to take a Sabbath?**
- **What are your main reasons for not practicing the Sabbath? Are there any areas where you need to grow in time management? Are there any areas where you need to re-prioritize the things on your plate?**

RESPOND

- **(For those that take the Sabbath). What impact has the practice of Sabbath had in your life?**
- **(For those that struggle to take a Sabbath). How can you make the weekly rhythm of Sabbath a regular practice in your life? How will you plan and schedule the Sabbath into your weekly rhythm? What are you planning to do?**
- **What are things in life that stir your affections for Jesus and should be a regular staple in your Sabbath rhythm?**

PRAY

Close your time together with prayer requests. Ask how you can pray, support, and lift one another up. Pray over these requests either collectively or by breaking up into prayer partners.