



Delight - Sabbath Sunday (July 9th, 2023)

Psalm 37:4

Take delight in the Lord, and he will give you the desires of your heart.

Lamentations 3:40

Let us examine our ways and test them, and let us return to the Lord.

DISCUSSION QUESTIONS

- If you had to sum up what you've experience so far this year in one sentence, how would you do it?
- What is the dominant positive emotion you are currently experiencing? What has allowed this emotion to express itself in your life?
- What is the dominant negative emotion you are currently experiencing? How have you fed this emotion and allowed it to flourish?
- Think of the challenges/difficulties you are experiencing right now. What are you learning through this experience? What would it look like to delight in the Lord as you navigate this situation? What is there to be thankful for?
- Read Psalm 37:4. How have you utilized the summer as an opportunity to delight in the Lord? How has this experience shaped and influenced what your heart desires?
- Lamentation 3:40. As you look back over the first half of this year, where does a returning to the Lord need to take place in your life? Why did that circumstances come to mind?

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.