



## Delight - Part 5 - “The Discipline of Delight”

### 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.”*

### Psalms 37:4

*Delight yourself in the Lord; And He will give you the desires of your heart.*

### Ephesians 1:18-19

*I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.*

### Matthew 6:21-23

*For where your treasure is, there your heart will be also. The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!*

### Key Points

- Passive delights are just the things we instinctively enjoy without effort.
- Everything we instinctively enjoy isn’t always the most helpful for the kind of life we want.
- Our affections are formed in ways that often undermine the things we value most.
- We live in a way where as soon as something doesn’t “delight” us anymore, we start to look for other things.
- Proactive delight requires something from us.
- We either pay the price of attention in the discipline of our eyes or the malformation of our hearts.
- Delight yourself in the Lord and the desires follow.
- The point of spiritual practice isn’t perfection, but ordering.

## **READ**

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

- Read Isaiah 58:13-14 and Psalm 37:4. What posture enables delight to flourish in our lives?
- Read Ephesians 1:18-19. How would you describe Paul's prayer for the church of Ephesus?
- Read Matthew 6:21-23. What did Jesus want His followers to understand about the connection between our eyes and our hearts?

## **REFLECT**

- What does it mean that our "attention comes at a price"? What price do we pay when we give our attention to anything that catches our eyes?
- Our desires can be formed. Do you agree with this statement? Why or why not?
- What say do we have over what we want?
- What is the difference between a passive delight and proactive delight?

## **RESPOND**

- What things are you depending upon to fill, satisfy, and incite delight?
- In what ways do your wants and desires need to be shaped?
- Where do you need to make delight a discipline and why did that area 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.