



## Delight - Part 1 - "Behind Every Longing"

### Romans 8:5-6 NIV

5 *Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.*

### Psalm 115:4-8 NIV

4 *But their idols are silver and gold, made by human hands.*  
5 *They have mouths, but cannot speak, eyes, but cannot see.*  
6 *They have ears, but cannot hear, noses, but cannot smell.*  
7 *They have hands, but cannot feel, feet, but cannot walk, nor can they utter a sound with their throats.*  
8 *Those who make them will be like them, and so will all who **trust** in them.*

### Psalm 37:4 NIV

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

*"Pascal wrote, "The heart has its reasons of which reason knows nothing; we know this in countless ways. . . . It is the heart that perceives God and not the reason. That is faith: God is perceived by the heart, not by reason. If we privilege the head over the heart in all matters of inquiry, we may very well cut ourselves off from that which is intellectually unknowable. The rational mind is capable of amazing accomplishments, but it is not an organ suitable for experiencing God. Attempting to use the rational mind as the organ for experiencing God is rather like trying to smell a rose with your ear." -Brian Zahnd*

*"Worship works from the top down, you might say. In worship, we don't just come to show God our devotion and give him praise; we are called to worship because, in this encounter, God (re)makes and molds us top-down. Worship is the arena in which God recalibrates our hearts, reforms our desires, and rehabilitates our loves. Worship isn't just something we do; it is where God does something to us. Worship is the heart of discipleship because it is the gymnasium in which God retrains our hearts." -James K.A. Smith*

## **Key Points**

- Sabbath is not just an invitation to rest; it's also God's invitation to delight!
- Every longing at its core is a longing for life. Christ is life.
- From the beginning, God gave us a desire for delight and the means to experience it.
- Attention is the currency of any encounter.
- An encounter is a collision that gets your attention.
- What catches your attention will capture your heart.
- Expression is fleshed out in our attitudes and actions.
- We have to cultivate patterns that disrupt the natural pace and appetite that we inherit.
- God designed the mind to awaken the heart.
- Delight is encountering something good and allowing goodness to awaken us to what we want.
- We become what we want.

## **READ**

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

- ***Read Romans 8:5-6. What are the two mindsets described in this passage? What differentiates them?***
- ***Read Psalm 115:4-8. What is the danger in letting our desires remain unchecked?***
- ***Read Psalm 37:4 and the quote from James K.A. Smith. How does an encounter with Christ influence and alter our desires?***

## **REFLECT**

- ***Read the quote from Brian Zahnd. What does it mean that God designed our minds to awaken our hearts?***
- ***Every longing at its core is a longing for life. Christ is life. Do you agree with these statements? Why or why not?***

## **RESPOND**

- ***What do you most easily delight in? What desires does it awaken?***
- ***How would you describe the trajectory of these desires and what governs them?***
- ***Sabbath is not just an invitation to rest; it's also God's invitation to delight! How can you be intentional this summer about accepting the invitation to rest and delight?***

## **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.***