

**SUMMER SABBATH: DELIGHT Pt 2**  
**“The Speed of Delight”**

**Conviction #1:**

If God created Life- He alone gets to define it.

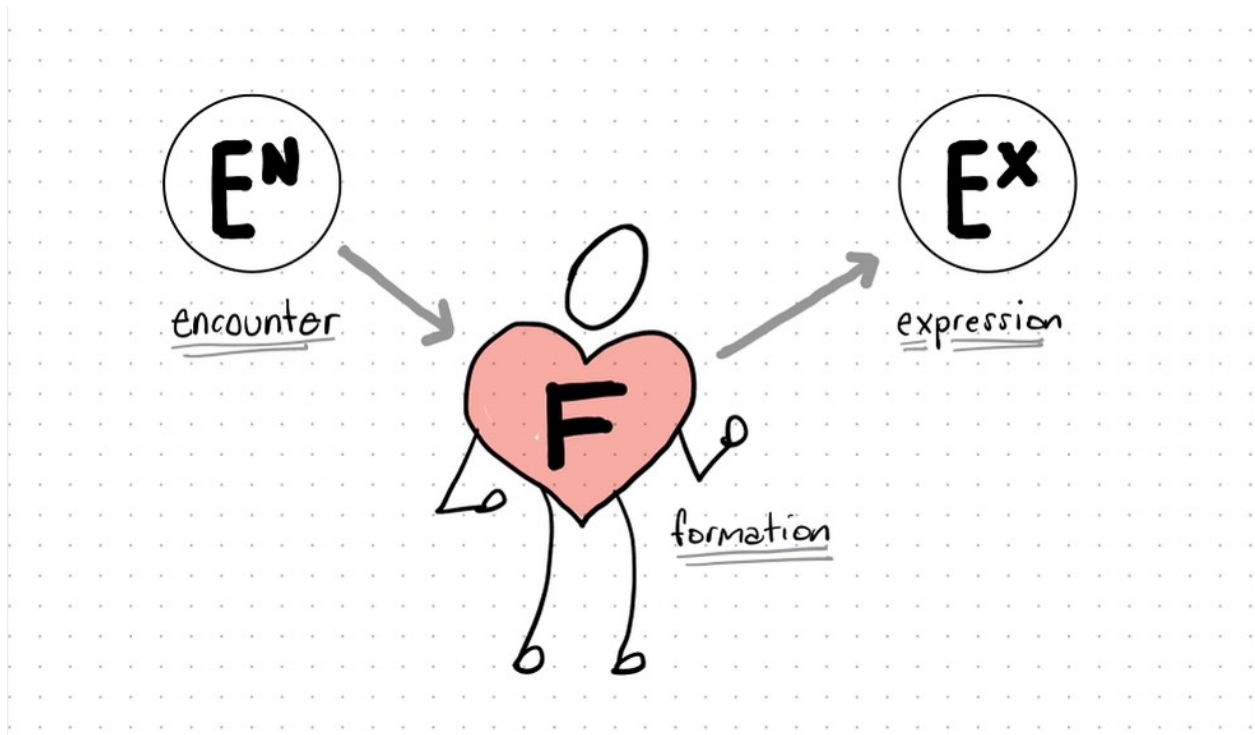
**Conviction #2:**

Every longing at its core--is a longing for Life.

Conviction #3:

Christ is Life.

**THE QUESTION OF DESIRE**



Do you believe that your desires and affections can be shaped or are they fixed?

"At stake here is your very identity, your fundamental allegiances, your core convictions and passions that center both your self-understanding and your way of life." (James K.A. Smith)

**Matthew 6:22-23 NIV**

22 "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. 23 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!

**Psalm 34:8 NASB**

"O taste and see that the Lord is good..."

**Psalm 119:34-38 NASB**

Give me understanding, that I may observe Your law  
And keep it with all my heart.

Make me walk in the path of Your commandments,  
For I **delight** in it.

**Incline** my heart to Your testimonies  
And not to dishonest gain.

**Turn away my eyes** from looking at vanity,  
And revive me in Your ways.

Establish Your word to Your servant,  
As that which produces reverence for You.

**USING THE PSALM**

- Meditate on each word.
- Allow emotion to rise.
- Use it as a centering prayer.