

## SUMMER OF DELIGHT “The Discipline of Delight”

### REVIEW

One of the questions that we have raised is: Can our desires be formed?  
What say do we have over what we want?

### Isaiah 58:13-14 NIV

13 *“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,  
14 **then** you will find your joy in the Lord.*

### SLIDE

#### WHAT DO WE NOTICE?

There is a DECLARATION.

- You call the Sabbath a delight.
- You confess that it is worth your time.

There is a SURRENDER.

- Your Will
- Your Way
- Your Words

### Psalm 37:4 NASB

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

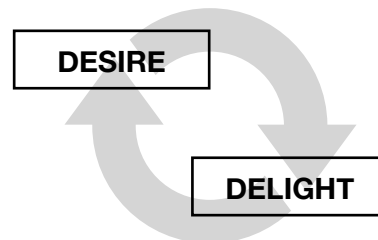
#### TWO WAYS TO DELIGHT

- PASSIVE DELIGHT

This requires nothing from us.

- PROACTIVE DELIGHT

#### CYCLE OF DESIRE & DELIGHT



This requires something from us.

## **TWO IDEAS: A REMINDER & A WARNING**

### **A Gentle Reminder**

#### **Ephesians 1:18-19 (NIV)**

*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.*

We pay the price of attention in the discipline of our eyes or the malformation of our hearts.

### **A Sober Warning**

#### **Matthew 6:23 (NIV)**

*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!*

What catches your attention will soon hold your affection.  
And if you think what are seeing is good and it is not... it ruins the soul.

## **ARRANGE TIME**

- Practice
- Experience

The point of spiritual practice isn't perfection—but ordering.  
Arranging time as a way to experience.

Maybe its a Sabbath day or a Quiet Time.

1. Pick a Time.
2. Pick a Place.
3. Declare it Good.
4. Record your Experience.