

SUMMER SABBATH: DELIGHT Pt 5
“A Day Called Delight”

What would it look like for you to make the weekly rhythm of Sabbath a regular practice in your life?

WHAT IS SABBATH?

Sabbath is a time set apart to experience rest as we deliberately stop working and trust in God's provision.

“The Sabbath is an entire day set aside to follow God's example, to stop and delight.” - John Mark Comer (*The Ruthless Elimination of Hurry*)

“Sabbath keeping is a weekly twenty-four-hour period of unhurried delight with no have-tos or ought-tos, resulting in deep rest and renewal.” - Rich Villodas (*The Deeply Formed Life*)

Genesis 2:1-3 - 1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Exodus 20:8-11 - 8 Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the Lord your God.

Deuteronomy 5:12-14 - 12 Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. 13 Six days you shall labor and do all your work, 14 but the seventh day is a Sabbath to the Lord your God.

HOW TO SABBATH? WHY TO SABBATH?

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...

Three Things:

1. Call it a **Delight**
2. **Don't** go your own way
3. **Discover** ultimate Delight

TENSION:

Sabbath sounds great, but Sabbath also sounds _____.

BOTTOM LINE:

The goal of Sabbath is to **REFRESH, RENEW, & REORIENT** us towards **LIFE WITH GODD!**