



**The Sabbath Series:  
Delight**

## **Genesis 1v31:**

‘God saw all that he had made, and it was very good.’

**‘The sabbath is an invitation to enter delight. The Sabbath, when experienced as God intended, is the best day of our lives. Without question or thought, it is the best day of the week. It is the day we anticipate on Wednesday, Thursday and Friday — and the day we remember on Sunday, Monday and Tuesday. Sabbath is the holy time where we feast, play, dance ... sing, pray laugh, tell stories, read, paint, walk and watch creation in its fulness.’**

- Allender, *Sabbath*, 4-5

# J curve

**‘Part of the human condition is that we either feel a full range of human emotion or we cut ourselves off from our emotions so we don’t feel much at all. Unfortunately, we don’t get to have it both ways — feeling only the emotions we want to feel ... while cutting ourselves off from the emotions we don’t want to feel ... That is not always easy, but sabbath does create space for God to be with us, to comfort and help us make meaning of those things that seem so difficult and meaningless.’**

**- Ruth Haley Barton, Embracing Patterns, 71**

‘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 honourable, and if you honour 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.’

— **Isaiah 58v13-14**

**1. Gratitude**

**2. Community.**

## **1 Thessalonians 5:16-18:**

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

- What would it look like for you to plan a Sabbath meal or a get together on a Sabbath in the next few weeks?
- Who are the friends that you could walk with who bring you delight?
- What ways could your family practice gratitude together?
- Who could you join up with to be present to one another to live out joy even in the midst of hard times?
- Who could you trust to spend time with on a Sabbath to go through those big emotions?

## **John 15v9-11:**

“As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.

[www.practicingtheway.org/sabbath](http://www.practicingtheway.org/sabbath)