

Sabbath – Delight

22.1.23

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Remember: you do not have to do the entire study (you may not have time) – you can choose what questions you want to discuss.

Read Luke Isaiah 58:13-14

1. How do you experience the Sabbath as a delight?
2. Why is the Sabbath set aside for delight? Why it is important?
3. How did God show his delight in creation? How does he continue to do so?
4. What stops us from experiencing Sabbath delight? How can we stop this from happening?
5. How do you focus on the joy and beauty in God's creation and in your life?
6. In your experience is the Sabbath about restriction or delight? Why?
7. What was God's intention with the Sabbath? Why as delight an important part of this?
8. How does 'the weight of the world' stop you from experiencing delight? How do we avoid this? How is balance achieved for you?
9. What is a discipline of Sabbath joy? Why do we need to discipline ourselves to observe the Sabbath in this way?
10. What Sabbath practices help you see the joy in your life and delight in God and his creation?

Prayer points:

- Pray for a greater experience of Sabbath delight.
- Pray for the ill and vulnerable in our communities.
- Pray for those affected by violence and conflict around the globe.