

Warming Up

What are the “ugly things” in the world that immediately come to your mind?

What are the “beautiful and good things” that come to mind?

How does the digital world distort our view of the world? (Loaded question I know)

Digging Deeper

Read John 15. How does vs. 11 connect to abiding in the vine?

The PROBLEM: sorrow is inevitable in life, but joy is not. Sorrow will come to visit our life, with or without our permission, BUT JOY WE HAVE TO CHOOSE, and to keep choosing it, over and over again. **Do you agree?** Why or why not?

When was the last time you experienced deep and soul filling joy? What led up to that? How did it go down?

How can joy be “developed”? How does the practice of Sabbath help in that development?

Many of us have yet to learn how to enjoy God... believe in him, yes, learn from him, yes, fear him, obey him even, **but delight in him?** Why do you think so few people “delight” in God?

“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, have-sex, sing, pray, laugh, tell stories, read, paint, walk, and watch creation in its fullness. Few people are willing to enter the sabbath and sanctify it, to make it holy, because a full day of delight and joy is more than most people can bear in a lifetime, let alone a week.”

(Dan Allender) How do Dan’s thoughts on sabbath impact your idea of Sabbath?

Taking it Home

Have you attempted a Sabbath yet? What seemed to be impactful? What wasn’t?

Plan out a Sabbath together, that you might try this week as individuals or families.

Example: Once everyone is home, devices are turned off and everyone sits at the table.

- Candles are lit.
- Share thoughts of gratitude or your highs of the week with one another.
- Feast
- Pray
- Play a Game
- Read
- Sleep for more than 8 hours.
- Eat an amazing breakfast
- Hike
- Nap
- Get together with people your love.
- Call someone far away
- Be alone
- Come together for dinner

Have someone read **Isaiah 58:13-14** and pray for each other.