

SABBATH: STOP | REST | DELIGHT | WORSHIP

“Delight” Practice Lab Week #3

What is Sabbath?

Sabbath is the gift of regular rest and communion with God. An intentional weekly rhythm set aside to allow your soul to reconnect with God and disconnect from the world of distraction and hurry.

What does it mean to “delight” on the Sabbath?

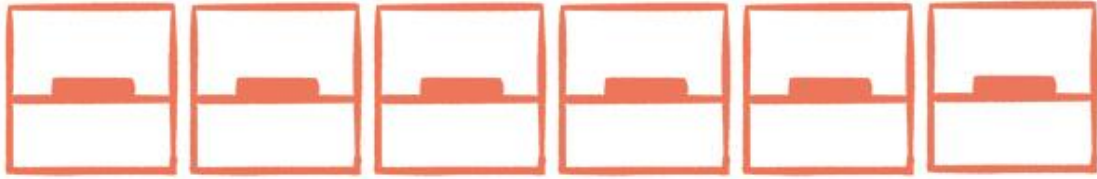
On Sabbath we celebrate our life with God. We do so by joining in God’s declaration over his work in creation, “it is very good!” By engaging in activities that stir delight in our souls we draw our hearts into worship of our creator God. We celebrate, feast, appreciate beauty, and enjoy times of fellowship with God and others. On this day of delight, we savor His goodness and direct our hearts toward Him. The sabbath is designed by God as a day to give yourself fully to delight in his world, in your life within it, and most importantly to God himself.

Keep in mind...

- The Sabbath is a day for celebration and joy in God and the good gifts He has given us. Consider this question as you plan for your day: “What would stir my heart toward worship of God?”
- You do not have to make extravagant or expensive plans. Consider how you might celebrate in simple, yet special, ways throughout the day to delight in God, in the people He has placed in your life, and in the beauty of the world He has made.
- As you plan, think about ways you want your Sabbath day to be special and different from other days of the week. What activities, or special foods, will you, and those you are practicing the Sabbath with, look forward to?

Ideas for Practice:

- Affirm, encourage, and celebrate the qualities you admire in a family member or friend
- Slowly prepare and enjoy a special breakfast, dessert, or simply a good cup of coffee
- Plan a picnic, potluck, or even a three-course meal with family, friends, or neighbors
- Explore a new nature trail, take drive along the coast, catch a sunrise or sunset
- Explore a museum or gallery. Make art - paint, draw, pottery, flower arranging, etc.
- Share around the table and thank God for the things that bring you delight that day



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“Delight”

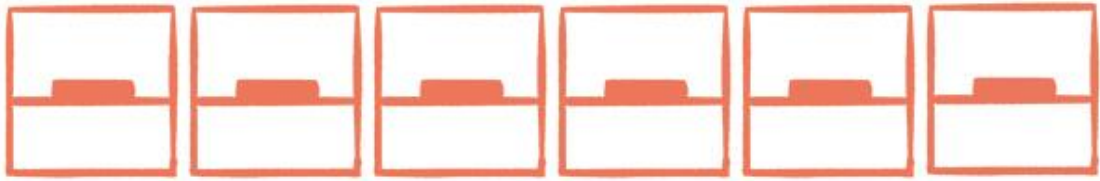
Practice Lab Week #3 - Family One-Sheet

Keep in mind...

- If you are too tired to engage in delight, you may need to stop and rest first.
- As you plan for Sabbath, consider activities, people, or places that bring you great joy.
- Consider ways that you personally find joy in connecting with God. Perhaps this could be through musical worship, reading scripture, or being in nature.
- It may take time for each family member to find what delight looks like for them. Some may like to spend more time with others, and some may delight in time in solitude.
- Consider how your family can “delight” by shifting from focusing on “self” to focusing on God and caring for and delighting in others around you.
- On Sabbath, consider setting aside topics that you know could be overly sad, heavy, or divisive for your family. The goal is not to run from reality, but to rest from the stress of addressing these topics. Direct your thoughts and conversations, instead, to things that stir up joy in who God is and what He has provided.

Ideas for Practice:

<p style="text-align: center;">Kids</p> <ul style="list-style-type: none">● Indoor activities: visit a children’s museum or aquarium, draw, build legos, help make one of your favorite meals, go bowling● Outdoor activities: do a scavenger hunt, hike, go to the beach, ride bikes/scooters, play a sport
<p style="text-align: center;">Students</p> <ul style="list-style-type: none">● Indoor activities: make art, play video games with the family, read, chat with friends and family, learn something new about God or another topic that interests you, listen to music, play/create music, create a storyboard of where you have seen God’s faithfulness in your life● Outdoor activities: go to the park, nature walk, explore a different hobby, play a sport
<p style="text-align: center;">Family</p> <ul style="list-style-type: none">● Indoor activities: do an obstacle course or scavenger hunt, dance, play a game, create a family memories slideshow, see a play, musical, or movie, share at meal time (ex. name one person you are thankful for and why, share one thing about God that you are grateful for, teach/share about one of your hobbies)● Outdoor activities: hike, go to a sporting game/event garden, go to the beach● Sabbath journal prompt: What is one thing from God (nature, people, activities, etc.) that brings you delight?



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