



INTRODUCTION

Throughout the three weeks of our series, *The Busyness Fix*, we've learned one of the major ways to slow down and reconnect with oneself, others and God is to observe the Sabbath. In week one, Pastor John told us to properly observe the Sabbath we need to STOP. Last week, Pastor Jesse gave us the second element in observing the Sabbath which to REST in Christ. This week, Pastor John focus on our need to DELIGHT in what occurs on the Sabbath.

DISCUSSION

1. **Read Psalm 35:9.** What does it look like to "delight in the Lord"? Brainstorm ways you can do this as part of a Sabbath routine, and share with the group.
2. **Read Luke 4:16 and Acts 17:2-3.** Jesus and Paul observed the Sabbath by attending services, under the grace and freedom which comes through Jesus, not under the Law of the Old Testament. How can you better "slow down for church, to delight in Him"?
3. Share a time when you delighted in creation - at a park, on vacation, in your back yard, etc. What are some ways you could add similar experiences to your summer Sabbath routine? As a group, think of ways to use these summer months to delight in nature.
4. The definition of "delight" is to "give great joy or pleasure." Make a list of people you delight in and everyday things that give you joy, and share them with the group. Brainstorm how you can use this list to delight in your Sabbath.

DO SOMETHING

1. Spend time in solitude this week. **Reread Luke 2:23-28**, and think about why Jesus said the Sabbath was a personal gift to you.
2. Prepare for your next Sabbath by taking an idea generated by the discussion questions above and implementing it, delighting in God through nature, church, others, etc. Invite someone to join you and share in your "delightment"!
3. Bless someone in your circle by delighting in them. Schedule a walk, coffee date, play date, etc. and take time enjoying each other's company.

ADDITIONAL RESOURCES

1. *When I Relax I Feel Guilty* by Tim Hansel gives practical steps to slow down and delight in the awesome gifts God provides for us.
2. On RightNow Media, watch "How to Practice Biblical Rest" by Matt Younger, a small group leader instructor.