



# Delight

# Overview

Timothy Keller has said, “Because the world is full of ugly things, we need the Sabbath to feed our soul with beauty.”

Jesus himself said plainly, “In this world, you will have trouble,” but he also said his desire for his disciples was “that my joy may be in you and that your joy may be full.” Sorrow is inevitable in this life, but joy is not. In the Way of Jesus, joy is a gift, but it’s one that must be chosen and cultivated, day after day, as an act of apprenticeship to our joyful God.

Previous generations often thought of the Sabbath as a somber, serious day full of religious duty and legalistic rules. Today, many people think of it as a day to chill, relax, or sleep. Both generations miss the essential truth — the Sabbath is designed by God as a day to give yourself fully to delight in God’s world, in your life in it, and ultimately in God himself.

In Week 3, we experiment with the Sabbath feast and how to spend an entire day in joy.



# Practice

## WEEK 03: DELIGHT

This week we have two very simple and very fun exercises for you.

### 01 Plan a Sabbath feast!

Ideally, do this together with the people around you, such as your small group or your family. Whether it's 20 people for a giant cookout in the backyard or just one or two close friends out to dinner, plan out a meal together. Cook or order your favorite foods. Make sure there's dessert. If you drink wine, save your best bottle for this meal.

Don't forget, this is an incredible chance to practice hospitality. If you have a home or apartment, host. If you know how to cook, use your skills. If you know people who don't have community or family, bring them in. Reach across the lines that divide our society—socioeconomics, race, politics, etc. Jesus' dream is for our dining room tables to look as diverse and beautiful as the kingdom of God, where every tribe, tongue, and nation is on display.

You can do this to begin your Sabbath if you start at night, as we do, or to end it, or just after church on Sunday.

We recommend you follow a basic Sabbath ritual:

1. Light two candles.
2. Read a psalm or liturgy, like the ones we have for you in the *Sabbath Meditations* companion book.
3. Bless the kids if they are there; bless one another.
4. Pray.
5. Feast.
6. Share highlights of the week.
7. Share what you are grateful for, or try our practice of *Deyenu*, "It would have been enough, but ..."
8. And then just celebrate life together.



## O2 Pleasure stacking

Make a list of activities that cause you delight and joy, and plan to do one to three of them during your Sabbath.

Here are a few ideas:

1. Make pancakes.
2. Open a good bottle of wine.
3. Have a dance party.
4. Play music.
5. Get coffee with your best friend.
6. Make love to your spouse.
7. Take a walk.
8. Nap.
9. Eat delicious food.
10. Do your nails or favorite self-care activity.
11. Go fishing or surfing or swimming.
12. Be in nature.
13. Watch the sun rise or set.
14. Make a fire.
15. Read fiction or poetry.
16. Sing.
17. Go to an art museum.
18. Go on a picnic in a beautiful park.
19. Play a game.
20. Call a friend or family member who lives far away.

Be as creative and thoughtful as you can.

# Reach Exercise

WEEK 03: DELIGHT

## Reading

Read Part 2 of *Sabbath* by Dan Allender (pp. 101-145).

## Podcast

Listen to episode 3 of the Sabbath series from the Rule of Life podcast by Practicing the Way.

## Exercise: the Sabbath box

- Find a decent-sized box.
- Right before you begin your Sabbath, put in the box anything that would keep you from Sabbath delight — your phone, laptop, car keys, wallet, etc.
- Take a moment (ideally with your Sabbath meal community), and write out any anxieties, sorrows, or unfinished tasks from the previous week (there are *always* things we ran out of time to get done).
- Say a brief prayer giving it all over to God's care, and then put the box away for your Sabbath as an embodied act of trust in God.
- From there, begin your Sabbath meal or beginning ritual.

# Sabbath Reflection

## WEEK 03: DELIGHT

In between your Sabbath and your next time together with the group for Week 4, take 10 minutes to journal out your answers to the following three questions.

01 Where did I feel resistance?

02 Where did I feel delight?

03 Where did I most experience God's nearness?

**Note: Be as specific as possible as you write. Bullet points are fine, but if you write it out in narrative form your brain will be able to process your insights in a more lasting way.**