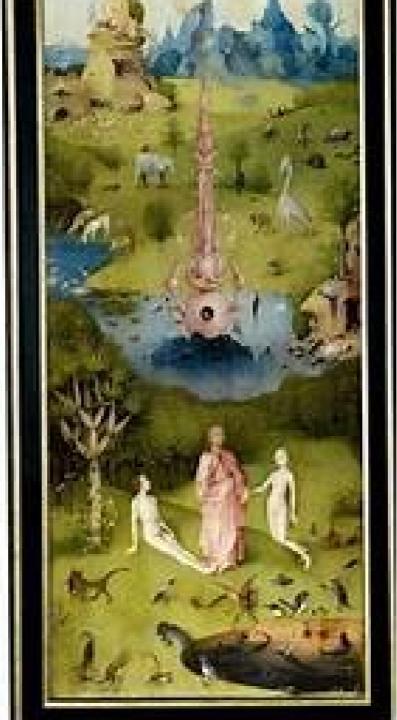
Psalm 37:4-5

Take delight in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him and he will do this:

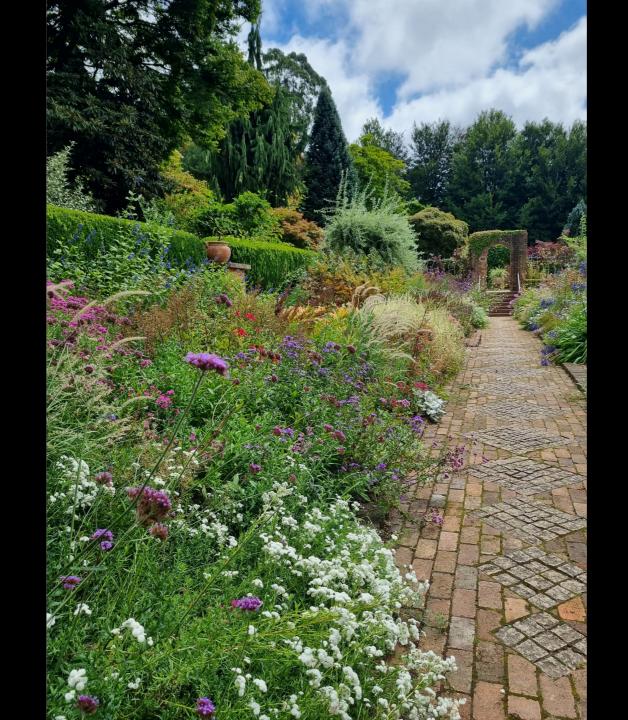
The Garden of Earthly Delights











Four fundamental ways we can Sabbath

Stop Rest Delight Worship

Suggested Sabbath activities

Lighting candles **Blessing children & others** Expressing gratitude Eating a meal Worship with your church Singing Walking Napping Reading, esp scripture Romancing your spouse Spending time along with God Spending time with family & friends in conversation & celebration Activities that bring you joy and delight

Not a to do list!!!