

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

Eating a meal

Singing

Walking

Romancing your spouse

Spending time along with God

Spending time with family & friends in conversation & celebration

Activities that bring you joy and delight

Blessing children & others

Expressing gratitude

Worship with your church

Napping

Reading, esp scripture

Not a to do list!!!