

Sabbath

to delight and worship

..the thought of sabbath..

..the reality of sabbath..

..the challenge of sabbath..



Because the world is full of ugly things  
we need the Sabbath to feed our soul  
with beauty.

Tim Keller, author and  
pastor

“In this world you will have trouble.”

John 16:33

“I have told you these things, so that in  
me you may have peace.  
In this world you will have trouble.  
But take heart!  
I have overcome the world.”

John 16:33

“I have told you these things,  
so that my joy may be in you  
and that your joy may be complete.”

John 15:11

OR

your joy may be filled  
your joy may overflow

Joy is:

A feeling

A character quality

A discipline



“Set your mind on things above,  
not on earthly things.”

Colossians 3:2

Stop  
Rest  
Delight  
Worship

Stop

Rest  
do

speaks to what we don't

Delight

Worship

speaks to what we do do

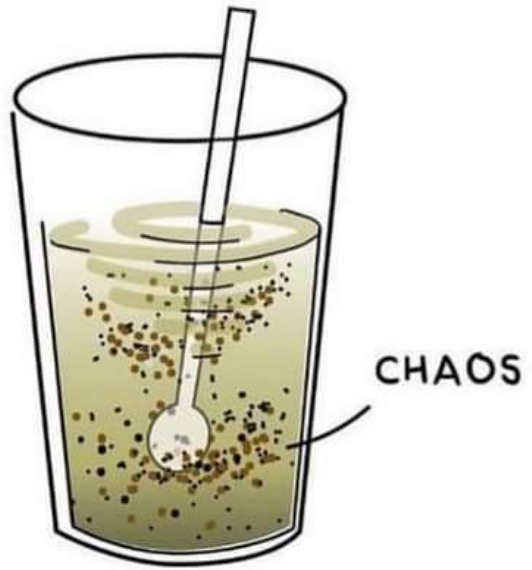
Delight:

In God

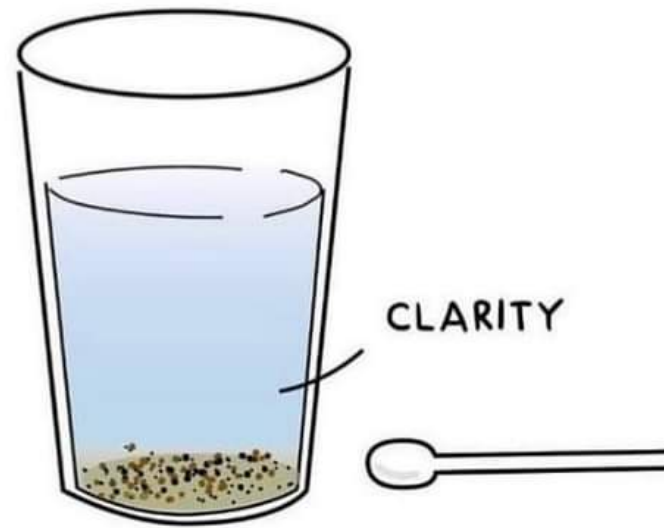
Remembering His goodness to us - the  
many blessings

In a deepening relationship with Him

WHEN WE KEEP  
THINKING



WHEN WE STAY  
SILENT



As the deer pants for the water  
So my soul longs after you.  
You alone are my heart's desire  
And I long to worship you.

Song based on Psalm 42:1

# Delighting can look like:

Spending time with God  
praying

reading the Word

Going to the beach

Going for a walk

Enjoying friendships

Good food

Good music

Good books

An activity that brings joy, but is not work

etc

Let us become more aware  
of your presence

Let us experience  
the glory of your goodness

Kari Jobe



# Worship:

Sung worship

Orient/reorient our lives around God

To surrender our lives to His love

Giving our time and resources

Surrendering our will and way to

HIS will and way.

Directing/redirecting our hearts towards

his goodness, beauty and truth

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## **Psalm 23: A psalm of David**

**The Lord is my shepherd, I lack nothing.  
He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he refreshes my soul.**

**He guides me along the right paths for his name's  
sake.**

**Even though I walk through the darkest valley,  
I will fear no evil, for you are with me,  
your rod and your staff they comfort me.**

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## **Psalm 23: A psalm of David**

**You prepare a table before me  
in the presence of my enemies.**

**You anoint my head with oil;  
my cup overflows.**

**Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord  
forever.**

Sabbath -

an invitation  
from the One who  
came to give us life and  
life to the full....