

# Study Guide Questions

**Series:** Connected

**Speaker:** Jay Haugh

**Message:** Sabbath: Delight & Worship

**Date:** 01/29/2023



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## Memory Verse: 1 Timothy 4:8

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

- Does joy come naturally to you? Or is it a struggle? When it comes to exuding joy, are you more of a Tigger or Eeyore? What is it about these characters that resonate with you?

Read Galatians 5:22-23

- According to Scripture, is joy a feeling or a character trait that flows from the Spirit? Feelings can often be driven by circumstances. How should we express joy regardless of our circumstances? Share about a time when you were able to experience joy during a time of challenge.
- How do you cultivate a spirit of joy in your life? In what ways have you been intentional to pursue joy? If joy has not been a focus for you, why not?

Read Isaiah 58:11-14

- Talk with your group about the value of time and how it's tied to our heart. How do the things you spend your time on reflect your priorities? Do you value God with your time by prioritizing Him or is He on the waitlist for the next available time slot? Do you struggle with sabbath because something is holding a higher priority than God?
- Sabbath is meant to be a life-giving day of delight. When we delight, we worship. Worship is a byproduct of making much of God. It's giving Him the honor and esteem that He desires. What kind of activities help draw your heart closer to God? Do you find delight in these activities?
- Delight requires us to slow down. Delight isn't fully realized when it's hurried. Delight requires us to slow and to savor. To sip and enjoy, like a good coffee or a



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fine wine. As you sabbath, consider if what you are doing is bringing deep joy in God. Do you find yourself naturally happy, grateful, and connected to God as you do it?

- Jay shared three things we can delight in:
  - Delight in God's Creation: We can enjoy God's creation by going on trail walks, hikes, biking, boating, etc. We can do this on bluffs, woodlands, shores, lakes, mountains, oceans, and more. God has created so much beauty for us to explore and enjoy. What do you enjoy doing in nature? How does this draw your heart back to God?
  - Delight in God's Good Gifts: He's given us music and the ability to make music. He's given us sports. The joy of watching. The joy of playing. He's given us great food. Great desserts. Great drinks. When you enjoy the good things God has provided, does it help you appreciate God's goodness more?
  - Delight in God: We can delight in God by reminding ourselves of the gift we couldn't get on our own. It's the gift of life. Jesus came and died so that we might live! We delight in God because He cleanses, forgives sins, and credits His perfection to our account. This is worthy of our enjoyment and delight. Is the magnificence of God something you still delight in or is it old news?
- This is the last message on the discipline of sabbath/rest. How have you felt challenged by this message? What changes have you implemented (or plan to implement) to help you carve out time for this spiritual practice? For your next sabbath, consider making an "I Will" and an "I Will Not" list to serve as a helpful guide as you stop, rest, delight, and worship.



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