

# Delight, Not Duty

## The Art of Rest: Making War on Busy

### February 16, 2025

#### Reflection:

Last week we practiced sitting in silence in order to lay down distractions and spend time with the Lord. How did this go for you? Were you able to do this on multiple days? What did you notice once your mind was settled?

#### Discussion Questions:

1. Read Mark 3:1-6 aloud. Why do you think Jesus intentionally healed on the Sabbath, knowing it would stir up controversy with the Pharisees? What does this reveal about His character?
2. Biblical delight is about finding deep joy in God's presence, creation, and gifts. What are some things that bring you joy and refreshment?
3. In Genesis 1:31, God looked at His creation and called it "very good." Have you ever taken time to simply enjoy something you've created or accomplished? Share what that was with your group. How does this connect to God's desire for us to experience delight?
4. Psalm 37:4 says, "Take delight in the Lord, and he will give you your heart's desires." How can delighting in God be an intentional practice rather than just an occasional experience?
5. What are some things in your life that make it hard to slow down and experience delight? What distractions or habits keep you from noticing and enjoying God's gifts? What are some of God's gifts you would like to delight in more often?
6. Zephaniah 3:17 says God "rejoices over you with singing." How does knowing that God delights in you change the way you think about your relationship with Him?

## Application This Week:

Write down five things that bring you delight that have nothing to do with your occupation. These could be things that make you laugh, bring you joy, or scratch the other side of your brain.

Make a plan on your calendar to find delight for your Sabbath (have a celebratory meal with friends, set a game night with family, etc).