

# Delight, Not Duty

## The Art of Rest: Making War on Busy - Part 4

February 16, 2025

Jesus strategically and purposely stirred the pot.

### Pharisee's Reactions:

- Outrage instead of awe
- Legalism instead of love
- Hard instead of receptive hearts
- Kill instead of heal

*"The Sabbath was made for man, not man for the Sabbath."* Mark 2:27 (NIV)

**God's heart for Sabbath is delight not duty.**

*"<sup>8</sup>Remember to observe the Sabbath day by keeping it holy. <sup>9</sup>You have six days each week for your ordinary work, <sup>10</sup>but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work."* Exodus 20:8-10 (NLT)

**Sabbath = *Shabbat* (Hebrew) = to stop, to cease, to rest**

**Sabbath is a 24-hour period of rest that follows 6 days of work, set apart to honor God, refresh the body, and renew the spirit, as modeled and commanded by God.**

### Four Essential Sabbath Elements:

- Stop
- Rest
- Delight
- Worship

### Delight

**Biblical delight is a deep, soul-satisfying joy found in God's presence, creation, and gifts. It is an intentional enjoyment that overflows with awe, gratitude, and rest, drawing us closer to Him.**

*"Then God looked over all He had made, and He saw that it was very good! And evening passed and morning came, marking the sixth day."* Genesis 1:31 (NLT)

*"Take **delight** in the Lord, and He will give you your heart's **desires**."* Psalm 37:4 (NLT)

*“<sup>22</sup>The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness, and self-control.” Galatians 5:22-23 (NLT)*

*“You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.” Psalm 16:11 (NIV)*

## **God has a delivery system for His delight: Sabbath**

*“<sup>13</sup>If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, <sup>14</sup>then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.’ The mouth of the Lord has spoken.” Isaiah 58:13-14 (NIV)*

## **Sabbath reorients our hearts back to God.**

## **God’s heart for Sabbath is delight not duty.**

## **Examples of ways to delight on your Sabbath:**

- **Feast and celebrate** – Have a joyful, abundant meal with family or friends, treating it as a celebration. Savor something delicious without any guilt.
- **Engage in play** – Play games or engage in an activity that makes you laugh and feel alive.
- Listen to music or create art – Whether it’s singing, painting, or playing an instrument, engage in creativity.
- **Do something that brings joy** – Read a book, watch a sunset, or do an activity that fills you with wonder. Enjoy sex with your spouse.
- **Spend unhurried time with loved ones** – Have deep, meaningful conversations with family or friends.

## **God wants us to experience delight.**

## **What does that say about Him and His character?**

## **Will you trust Him and begin practicing a weekly Sabbath?**

*“<sup>27</sup>The Sabbath was made for man, not man for the Sabbath. <sup>28</sup>So the Son of Man is Lord even of the Sabbath.” Mark 2:27-28 (NIV)*

## **Jesus IS our ultimate Sabbath rest.**

*“<sup>1</sup>Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! <sup>2</sup>Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty! <sup>3</sup>When I refused to confess my sin, my body wasted away, and I groaned all day long. <sup>4</sup>Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. <sup>5</sup>Finally, I confessed all my sins to you and*

*stopped trying to hide my guilt. I said to myself, 'I will confess my rebellion to the Lord.' And you forgave me! All my guilt is gone."* Psalm 32:1-5 (NLT)

*"The thief comes only to steal and kill and destroy; I have come that they may have **life**, and have it to the **full**."*  
John 10:10 (NIV)

## Four Essential Sabbath Elements (with examples):

### **STOP (Cease from work and busyness)**

- Turn off your phone & devices – Put them away or in a “Sabbath box” to resist digital distractions.
- Set work boundaries – No emails, no checking in on work, no productivity-focused tasks.
- Prepare ahead of time – Do your chores, cook meals, and complete errands the day before so you can fully unplug.
- Say no to consumerism – Avoid shopping, news, social media, and entertainment that keeps your mind in the cycle of consumption.
- Mark the start with a ritual – Light candles, say a prayer, or share a meal to set Sabbath apart as a special time.

### **REST (Physical, mental, and spiritual restoration)**

- Sleep in and/or take a nap – Allow your body to fully rest without guilt.
- Take a long warm bath or shower – Let the water relax your body.
- Take a walk in nature – Experience the peace of God's creation without hurry.
- Disconnect from time pressure – Try not to schedule anything; allow yourself to move at a natural, unhurried pace.
- Avoid making decisions – Let go of problem-solving for the day.
- Let yourself be bored – Don't feel the need to fill every moment with stimulation.
- Read for enjoyment, not information – Choose fiction, poetry, or a devotional.
- Relax and breathe for a period of time – Spend intentional moments in stillness, practicing deep breathing.
- Sit in silence – Simply be still before God.

### **DELIGHT (Enjoy life as a gift from God)**

- Feast and celebrate – Have a joyful, abundant meal with family or friends, treating it as a celebration.
- Engage in play – Play games, do a puzzle, or engage in an activity that makes you laugh and feel alive.
- Listen to music or create art – Whether it's singing, painting, or playing an instrument, engage in creativity.
- Do something that brings joy – Read a book, watch a sunset, or do an activity that fills you with wonder. Enjoy sex with your spouse.
- Spend unhurried time with loved ones – Have deep, meaningful conversations with family or friends.

### **WORSHIP (Reorient your heart to God)**

- Go to church – Gather with others to glorify God. Gather as a family to worship.
- Read Scripture or a devotional – Spend time in God's Word, not as a task, but to reflect and connect with God.
- Sing or listen to worship music – Engage with music that lifts your heart toward God.
- Practice gratitude and reflection – Write down or verbally express things you're thankful for. Share them as a family.
- Spend time in silence and prayer – Simply be in God's presence, listening and enjoying communion with Him.

## Practical Ways for Moms with Young Children to Sabbath (from real moms)

### 1. Shift Your Mindset About Sabbath

- Sabbath may not look like physical rest, but it can be mental and emotional rest.
- Let go of perfectionism—Sabbath doesn't mean everything has to be in perfect order.
- Focus on what brings peace, not just avoiding work.

### 2. Plan Ahead to Make Sabbath Possible

- Meal prep prior to your Sabbath or make easy/freezer meals to minimize cooking.
- Schedule housework and laundry on other days so they don't take over Sabbath.
- Prepare the kids—teach them that Sabbath is a special day of rest.

### 3. Make Sabbath a Family Experience

- Engage kids in restful activities like reading, fort-building, or quiet time.
- Have a family meal together—whether at home or with extended family.
- Do restful, kid-friendly activities like going for a walk, having a picnic, or playing games.

### 4. Give Yourself Grace

- Don't feel guilty if Sabbath isn't "perfect"—it's about intentional rest, not rule-following.
- If something urgent comes up, do what needs to be done and return to rest.
- God sees your efforts and honors your desire to Sabbath.

### 5. Find What Feels Life-Giving

- Let the kids play freely while you watch and enjoy their joy.
- Use nap time or quiet time to do something that refreshes you—reading, prayer, or simply sitting still.
- If nature is restful, go outside for fresh air and a change of pace.
- Keep a simple rhythm—it doesn't have to be complicated to be meaningful.