

Practising the Way – Sabbath

Website: <https://www.practicingtheway.org/>

Session 4: 'DELIGHT'

Verse for meditation: Psalm 36 verse 4:

"Delight in the LORD and do good; dwell in the land and enjoy safe pasture"

Questions to think about:

What struck me from the talk today – was there a phrase or verse which resonated?

.....

.....

Where do I feel resistance to experiencing 'Delight' in Sabbath rest?

.....

.....

Where do I feel 'Delight', and where and when do I most experience God being near me?

.....

.....