



Sabbath

# Sabbath 安息日



From 'Practicing The Way'





Sabbath

安息日

Part 1 - Stop

Part 2 - Rest

Part 3 - Delight 喜悅

Part 4 - Worship



**TIM KELLER**

Pastor and author

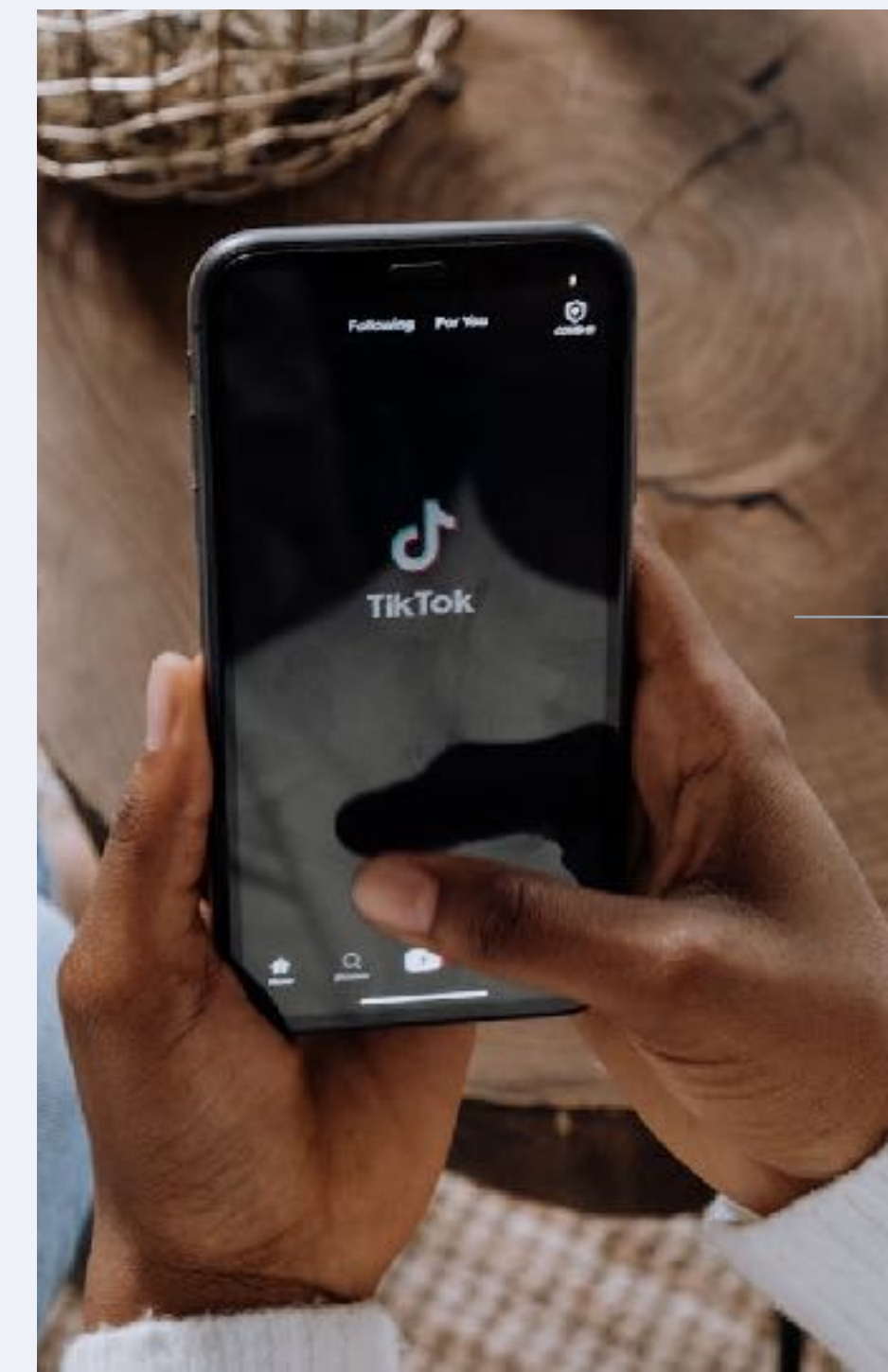
“Because the world is full of ugly things, we need the Sabbath to feed our soul with beauty.”



“Through the 24/7 news cycle, we are force-fed a steady diet of fear and rage. The news is biased, not left, or right, but down - to the worst things in the world.”

—  
 This means we can miss the beauty and good in the world; we don't delight — instead we feel depressed.

Traditional news sources are **biased.**



Digital & Social Media news sources are **also biased.**



**JOHN**  
**15:11**

“I have told you this so that  
my joy may be in you and that  
your joy may be complete  
[may be full/may overflow].”





# Sabbath delight

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**The Sabbath is a delivery mechanism for joy, celebration and delight.**



## Genesis 1:31-2:3

“God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

Thus the heavens and the earth were completed in all their vast array.

By the seventh day God had finished the work he had been doing; so on the seventh day he **rested** from all his work. Then God **blessed** the seventh day and made it holy, because on it he **rested** from all the work of creating that he had done.”



**Isaiah**

**58:13-14**

“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 honourable, and if you honour it by not going your own way and not doing as you please or speaking idle words, **then you will find your joy in the Lord...**”





# The Sabbath is a delight 喜悅



01.

**DELIGHT IN  
GOD'S WORLD**



02.

**DELIGHT IN  
YOUR LIFE IN  
GOD'S WORLD**



03.

**DELIGHT IN  
GOD HIMSELF**

**DAN ALLENDER**

Christian professor,  
author and therapist



**“The sabbath is an invitation to enter delight. The sabbath when experienced as God intended, is the best day of our lives. Without question or thought, it is the best day of the week. It is the holy time where we feast, play, dance, have-sex, sing, pray, laugh, tell stories, read, paint, walk, and watch creation in its fullness.”**





# How can we make the Sabbath a delight?



**01.**  
SLOW  
DOWN

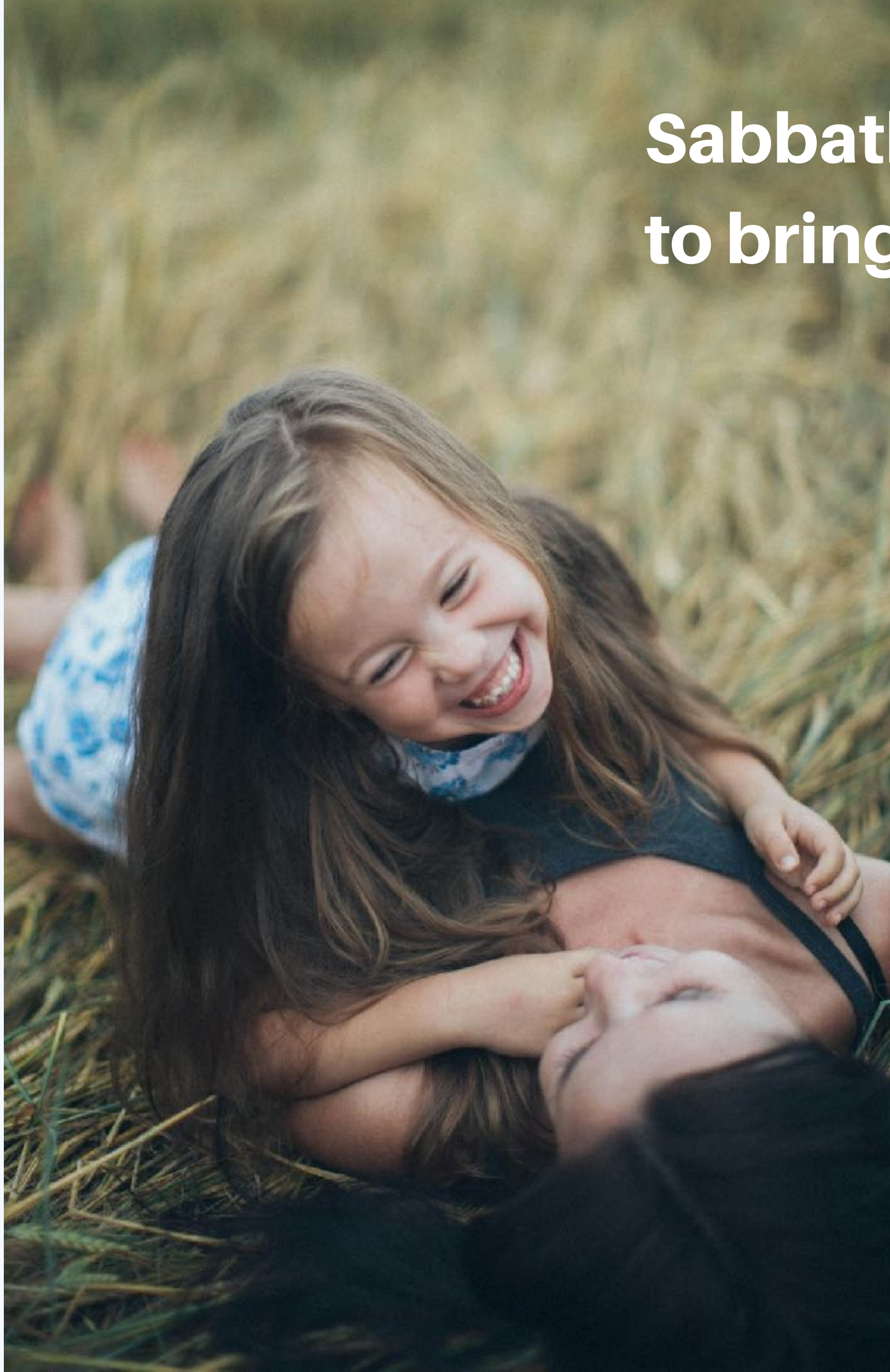


**02.**  
PUT IN  
BOUNDARIES  
界線



**03.**  
GIVE YOURSELF  
TO JOY





# Sabbath Activities to bring delight

Feasting

Community

Gratitude

Play

Nature

The arts

Poetry

Music

Singing

Dancing

Laughter

Walking

Picnics

Flowers

Treats

Family

Friends

Sunset





# The Sabbath Meal





# Delight disrupted

## 被破壞的喜悅







**Isaiah**

**58:13-14**

“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 honourable, and if you honour it by not going your own way and not doing as you please or speaking idle words, **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.’ For the mouth of the Lord has spoken.”