

TODAY: When Jesus prays for his disciples, he prays that “they may have the full measure of my joy within them.” The Sabbath is designed by God as a day to give yourself fully to delight in God’s world, in your life in it, and ultimately in God himself.

our culture defines delight as \_\_\_\_\_

sabbath delight \_\_\_\_\_ and \_\_\_\_\_  
the delight of another

Hebrew *oneg* “delight” = \_\_\_\_\_

1. Don’t be trapped by a sabbath that focuses on human rules rather than on Christ (Col 2:8)

2. Don’t let others judge you on matters apart from the grace of God received in Christ (Col 2:16)

3. Don’t allow others to make you feel excluded or cut off from Christ if you do not conform to their rules (Col 2:18)

What is it that brings me delight in the goodness of God’s creation?

What is it that brings me delight in the goodness of Christ?

## Sabbath – delight

*Isaiah 58:13–14 (NIV)*



[A] “**if** you keep your feet from breaking the Sabbath and from doing as you please on my holy day,

[B] **if** you call the Sabbath a **delight** (Hebrew *oneg*) and the LORD’s holy day honorable,

[A’] and **if** you honor it by not going your own way and not doing as you please or speaking idle words,

[B’] **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.

*Colossians 2:16–23 (NIV)*

<sup>16</sup>Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. <sup>17</sup>These are a shadow of the things that were to come; the reality, however, is found in Christ. <sup>18</sup>Do not let anyone who delights in false humility and the worship of angels disqualify you. Such a person also goes into great detail about what they have seen; they are puffed up with idle notions by their unspiritual mind. <sup>19</sup>They have lost connection with the head, from whom the whole body, supported and held together by its ligaments and sinews, grows as God causes it to grow.

<sup>20</sup>Since you died with Christ to the elemental spiritual forces of this world, why, as though you still belonged to the world, do you submit to its rules: <sup>21</sup>“Do not handle! Do not taste! Do not touch!”? <sup>22</sup>These rules, which have to do with things that are all destined to perish with use, are based on merely human commands and teachings. <sup>23</sup>Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.

## Sabbath - delight

Isaiah 58:13-14; Colossians 2:16-23



Understanding the Bible:

What is the problem being expressed in this Bible passage?

How does God show up in this Bible Passage?

According to today's passage, what should our sabbath habits and rituals point us towards?

My favorite song today:

Things I will pray for this week:

### Colossians 2:16-23

(Can you find the highlighted words?)

K M W A F C G R C H S F  
 W O O N E F O B E E H A  
 O O R Y S A E M L A U H  
 R N L O T L S U E N M G  
 S B D N I S R S B G I R  
 H O W E V E R U R E L O  
 I D E T A I L C A L I W  
 P Y D E L I G H T S T C  
 E D I S Q U A L I F Y H  
 R R H F A A L S O E A R  
 S I G A T T H I N G S I  
 O N C M J U D G E O S S  
 N K F O U N D G R E A T

Therefore do not let **anyone** **judge** you by what you eat or **drink**, or with regard to a religious **festival**, a New **Moon** **celebration** or a Sabbath day. These are a shadow of the **things** that were to **come**; the reality, **however**, is **found** in **Christ**. Do not let **anyone** who **delights**

in **false humility** and the **worship** of **angels** **disqualify** you. **Such** a **person also goes** into **great detail** about what they have seen; they are puffed up with idle notions by their unspiritual mind. They have lost connection with the head, from whom the whole **body**, supported and held together by its ligaments and sinews, grows as God causes it to **grow**. Since you died with **Christ** to the elemental spiritual forces of this **world**, why, as though you still belonged to the **world**, do you submit to its **rules**: "Do not handle! Do not taste! Do not touch!"? These **rules**, which have to do with **things** that are all destined to perish with use, are based on merely human commands and teachings. **Such** regulations indeed have an appearance of wisdom, with their self-imposed **worship**, their **false humility** and their harsh treatment of the **body**, but they lack any value in restraining sensual indulgence.