



Message Reflections

October 16, 2022

"It is not to be expected that we should love God supremely if we have not known him to be more desirable than all other things."

- Isaac Watts (Hymn writer)

Read: Psalm 18:19; Psalm 37:4; Isaiah 58:13-14

Reflect:

- Would you say that you experience "delight" and "refreshing" on the Lord's Day? If not, why not? What could you do to make it more of a delight?
- How do you prepare for worship? Do you take the time to refocus before coming into the presence of your Heavenly Father?

Practice: Take a few moments to practice the following exercise of letting go and delighting in God.

Sit with your hands on your lap, palms up. Think of the things that hinder your relationship with God:

- Things that keep you from praying
- Things that interfere with making Sabbath time
- Things that distract you from stopping to be with God

Bring all these things you just noticed, as well as your joys, sorrows, anxieties, concerns, plans, pressures, and hopes. Reflect and sit as if you are holding them in your hands. {Pause}

Now close your hands and clench your fists, as though you are holding all those things tightly. Hang on to them. Squeeze. Experience how tightly you hold on to them. {Pause}

Hear Jesus' invitation to let go: "Come to me.... and I will give you rest." Then gradually open your hands and let the concerns flow out through your fingers.

Relax and simply be in the presence of God. Delight in Him. Be silent for a minute or more.

End the silence with a prayer of thanksgiving.