



HABITS OF DELIGHT

INTRODUCTION and PREPARATION

Before we immerse ourselves in this study, let us first prepare our hearts, minds, and reflect on our previous experience of living **R = 6 + 1**.

Take 2-3 minutes to simply sit quietly, slow your breathing, allow yourself to connect presently with God and yourself. Consider transitioning from this time of quiet by saying a simple prayer like, "Lord, thank you for this gift of time to remember you, seek you, and to grow more fully toward you as I learn to live in your desired rhythms."

RECAP: Take a few minutes to review your previous +1 Day and [+1 Day Planner](#).

Describe your experience of your last +1 Day.

What worked well?

What about it was life-giving for you (and your family if applicable)?

Where did you experience dissonance, challenge, or frustration?

What adjustments will you make to live more fully in your next +1 Day.

STUDY FOCUS FOR THIS WEEK: HABITS OF DELIGHT

If you have not already done so, read (or reread) the [Habits of Delight devotional](#).

What is your reaction or where to do your thoughts travel as you consider:

- The first thing God made holy was time, a day?
- That God stopped his work –which is why it was holy—it was set apart as special?
- God delighted in what he had done?

Your study/assignment for this week is actually more of what you have been practicing—delighting and paying attention to your own soul as you delight.

1. Take 15 minutes right now to delight by making a **gratitude list**. Do not overthink this list. Let your mind flow and write all the things that come to mind for which you are grateful.
2. For your next +1 Day, take 1-2 hours of your day to work back through the Habits of Delight section in your retreat guidebook. Allow yourself to linger with God and your own thoughts as you delight in many things.
3. For each of these devoted times of delight, spend a few minutes examining your own soul and what you experienced. Consider questions like:
 - a. How do you feel mentally after delighting?
 - b. Notice anything about your anxiety, hurriedness, or patience levels?
 - c. How are you wanting to move toward relationships with God or others?
 - d. Notice anything about your physiology—breathing, posture, heart rate...?
4. Commit to bringing one or more of the joy or gratitude practices from your retreat book into your daily or other 6 days in addition to keeping foundation in your +1 Day (however you choose to delight).

STUDY OBSERVATIONS/APPLICATION

In one sentence, what do you observe as the Big Idea of this week's study?

What challenged you from this session?

What was good from this session?

What are you called to do or how will you respond to this session?

PRESSING FORWARD

- Complete your next [+1 Day Planner](#).
- Complete the next session in the study guide and interact with the reflection questions.