

Delight in the Lord

"Delight yourself also in the LORD,
and He shall give you the desires of your heart."
Psalm 37:4 NKJV

At first glance this verse seems fun + light-hearted - a promise that when we cheer in God, we'll get everything we want. At second glance, we find a challenging verse that causes us to get real in a deep way as we answer the question, "Am I truly delighting in the Lord?" Let's start by reflecting on what we know about Psalm 37:4. In your own words, write what God is telling us in this verse:

Now let's take a look at the definition of delight!

delight

-to be soft, delicate, tender

Clay must stay soft in the potter's hands (Isaiah 64:8). Our hearts must stay tender before God (Hebrews 3:15).

-to take great pleasure in; exquisite satisfaction

Delight comes from a root word meaning to be brought up in pleasure; to be pampered

The picture that comes to mind when I read the above definitions is of an adorable fluffy puppy rolling in the green grass on a warm Spring day. The dog frolics in the grass, enjoying himself without a care in the world. What picture represents delight to you? Draw it in the box below!



Just like a dog frolicking, a baby laughing or a passerby taking a moment to smell the roses, we don't overanalyze the things we delight in - we simply bask in their presence + enjoy the moment. Have you basked in God's presence + enjoyed the moment with Him lately?

Before we move on, let's make sure we're all on the same page regarding our hearts.

The Bible warns us that our hearts can be evil (Jeremiah 17:9) however when we make that life-changing decision to follow Jesus Christ, we are given a new heart with new desires (Ezekiel 36:26).

*Non-conformist minister *Matthew Henry (1662-1714) has some light to shine on this matter.*

"He [God] has not promised to gratify all the appetites of the body and the humours of the fancy, but to grant all the desires of the heart, all the cravings of the renewed sanctified soul. What is the desire of the heart of a good man? ...to know, and love, and live to God, to please Him and to be pleased in Him."

For too long I heard this verse with a carnal ear believing that if I could just get myself to delight in God enough that He would give me everything I wanted. If that's you as well, meditate on the verse and ask Holy Spirit for a fresh understanding.

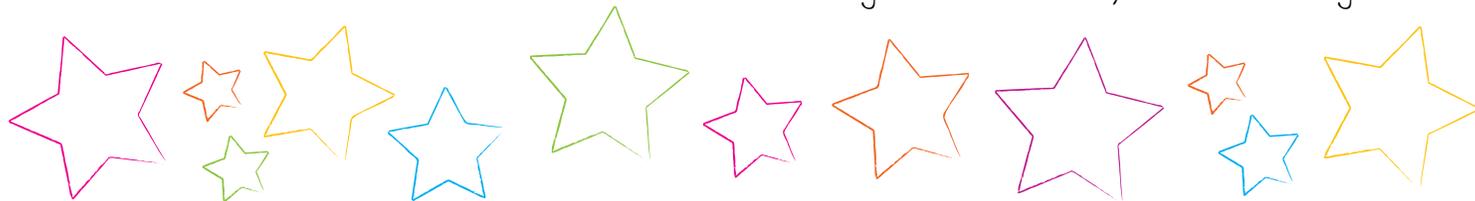
I delight in you Lord.

Color in the words as you declare this to God!

Delight in the Lord

Now that we're on the same page let's delight in Him some more, shall we?

Charles Spurgeon once wrote, "Every name, attribute, word or deed of Jehovah should be delightful to us..." In the stars below fill in some of God's amazing attributes that you wish to delight in!



I hope by now you are seeing the truth that God, Himself, is our delight rather than the gifts He gives us. Certainly, He gives us good things to enjoy but may we always delight in Him as our heart's chief aim. Let's take a look at some more Bible verses that give us reason to delight in Him!

These verses help us keep our eyes on who God is rather than what He gives us.

"...in your presence there is fullness of joy..." Psalm 16:11b

"...I Am your shield, your exceedingly great reward." Genesis 15:1b

Now it's time for one of those deep life-changing questions! Get ready for it...

"How would my life be different if I made delighting in God a priority?"

I asked the question as our study opened now ask yourself again, "Am I truly delighting in God?"



Close your eyes and imagine your typical day. How often do you find yourself delighting in the Lord? Close your eyes and imagine a new typical day where delighting in the Lord is a natural part of every moment.

See Romans 8:28 for how we can delight in even difficult situations.

What does it look like for you to delight in the Lord on a daily basis?

What you will need to change/add/delete from your day to ensure you are delighting in the Lord?

Let's close with some fun! We've explored many different facets of delighting in the Lord. We'll close by writing a "Delight in the Lord" haiku. Yes, a haiku...don't worry, you can do it! Plus, it will give you a precious souvenir of our time together and serve as a reminder to delight in the Lord!

Haiku directions! A haiku is a poem with 3 lines (no need to rhyme). The 1st line has 5 syllables, the 2nd line has 7 syllables and the 3rd line has 5 syllables. Write & illustrate your haiku below.

Share your haiku on social media to inspire others!

