

## DELIGHT IN THE LORD

“Delight yourself also in the Lord, And He shall give you the desires of your heart” (Psalm 37:4).

### KEY POINTS

- ❖ In various times of our lives, some of us have experienced misfortunes in so many ways. We try our best to live for God, to follow the rules of His Word and of the land. Yet, we are faced with dilemmas; sometimes cruelty and more misfortunes. Looking on, we see the ungodly prospering. We see wicked people flourishing and ask: “Why do the ungodly prosper?”
- ❖ We are not the only ones to ask this question. We can find these exact same words in Jeremiah 12:1 (NIV) and variations of the theme in Habakkuk 1:13 (NIV) and Psalm 73:12-14 (NIV).
- ❖ David was a person who knew what it meant to look on and see the ungodly prosper. He was already anointed King of Israel when he had to run for his life—all over the country—from King Saul. David hid in caves all that time, while Saul had the option of returning to his palace.
- ❖ On another occasion David had to run for his life from his very own son, who overthrew him from the throne! Yet he was able to say in Psalm 37:25, “I have been young and now am old; yet I have not seen the righteous forsaken, nor his descendants begging bread.”
- ❖ Psalm 37 begins by saying:  
**Do not fret because of evildoers, nor be envious of the workers of iniquity (v. 1).**
- ❖ The Hebrew verb translated “fret not” means to not burn in anger, to not fume in indignation or resentment, to not become vexed, disturbed, or to take offense to the point where we have heartburn.
- ❖ David commands us to not fret a total of three times in the first seven verses. Why? Firstly, it does not and will not change the situation; secondly, those negative emotions do not affect anyone but us; thirdly, our anger will lead to bitterness. And if we are bitter and resentful, then, fourthly, our faith is being destroyed.
- ❖ If we are angry, it prevents God from moving or working in the situation. Fret not. Let us focus our attention on God and not on the evil around us.  
**For they shall soon be cut down like the grass, and wither as the green herb (v. 2).**
- ❖ Like the grass, so will the ungodly—who seemingly look like they are flourishing—disappear. If we cut a piece of herb from its source it begins to wither away. So, too, with workers of iniquity. They are “like chaff that the wind blows away” (see Ps. 1:4-6 NIV).  
**Trust in the Lord, and do good; dwell in the land, and feed on His faithfulness (v. 3).**
- ❖ What an encouragement! Trust God and He will make us enjoy the little we have in safety and peace. Because “Better is a little with righteousness than much gain with injustice” (Proverbs 16:8; see also Ps. 1:1-3; Prov. 3:5-6).

### KEY SCRIPTURE: Psalm 37:1-8

- ❖ God expects us to grow and to trust Him to direct our ways in whatever place He has planted us. When things are going wrong or are not going our way—that is not the time to move. We need to grow where God has planted us and...  
**Delight yourself also in the Lord, and He shall give you the desires of our heart (v. 4).**
- ❖ Verses 1-3 of Psalm 37 instructs us to fret not, be not envious, trust in the LORD, do good, dwell in the land, and feed on God’s faithfulness. Verse 4 now instructs us to “delight also in the LORD.”
- ❖ The word ‘delight’ means to take great pleasure, to be happy about, to make merry over.
- ❖ What delights us? There is nothing wrong with having delight in other things and people that God has placed in our lives. The Psalmist tells us to delight *also* in the LORD, in Jehovah.
- ❖ So, what does “Delight also in the LORD and He will give you the desires of your heart” mean?
- ❖ When we delight in the LORD, He must be first in all things. God must be our source of love; He must be above all that we admire. We must expect all our happiness from Him and seek it in Him. When we delight in God, it changes the way we think and it changes the things we desire.
- ❖ When our eyes are focused solely on God, we will find that what we desire is more of Him. And He will give Himself to us.
- ❖ There is nothing wrong with being rich, with being successful. But while we are seeking after success, we must take delight in God.
- ❖ So how do we delight in the Lord? We delight in the Lord by coming to His house. We delight in the Lord when we are interested in what He is saying to us through His Word. We delight in the Lord when we are obedient to His Word.
- ❖ Be the Christ that someone else sees. Bless someone and be Christ in their presence
- ❖ Delight yourself also in the Lord, and He shall give you the desires of our heart.

### DISCUSSION/REFLECTION TOOLS

1. Read Proverbs 37:1-4.
  - (a) Have there been times when you did fret? How did you overcome those instances?
  - (b) Have you ever been envious of others who “worked iniquity”...until you saw their end? Discuss.
  - (c) What happened when you trusted God? How has He given you your heart’s desire?

### PRAYER TIME

Lord, I will take my delight in You and will put You above all my earthly desires. In Jesus’ name.

## WEEK OF SUNDAY, MAY 1, 2022

### NOTES

Meditate as you read through/listen to this week’s message. If it helps, use symbols for your notes.

✓ (Reminds me/Confirms)    💡 (New idea)    🔄 (Think about)

! (Do this)    ❤️ (Speaks to my heart)    📢 (Must share)

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### PRAYER NEEDS/THANKSGIVINGS

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Go deeper with your Life Group family.  
CONNECT-REFLECT-DISSECT THE  
WORD

Start-up: What are some of the things that made you happy during the course of the week? Were those things expected/unexpected?