



***"Trust in the Lord and do good; Dwell in the land and cultivate faithfulness. Delight yourself in the Lord; and He will give you the desires of your heart, Commit your way to the Lord, Trust also in Him, and He will do it, He will bring forth your righteousness as the light and your judgment as the noonday. Rest in the Lord and wait patiently for Him..."***

How would you define the word "delight"? I would have said it was *to take joy, to appreciate, or find pleasure in*, and I would have been correct, but as I studied a little deeper I found that there are additional nuances to its meaning, such as, *to take a high degree of pleasure or mental satisfaction*, another said to *"Take exquisite delight."* I even saw words like *"pamper" "spoil" and "refreshing oneself"*.

Today we look at verse 4 of Psalm 37 which reads, ***"Delight yourself in the Lord; and He will give you the desires of your heart."*** When was the last time you took exquisite delight in the Lord, or moved past acknowledgment that He is, and instead took a "high degree of pleasure" in knowing Him? Or what about having "mental satisfaction"? When I think of having "mental satisfaction" in the Lord, the song "It is Well With My Soul" comes to mind, for its when I am able to trust the Lord enough for my mind to stop whirling about my situation that my mind can be satisfied. But is it even possible to read it as, Pamper yourself in the Lord, Spoil yourself in the Lord, Refresh oneself in the Lord? That brings a whole different twist to the instruction to delight in the Lord, doesn't it? When it comes to "Refreshing ourselves in the Lord" I can certainly understand that, for any time that I spend with Him, or in His word, I feel refreshed. But, how would we pamper ourselves in the Lord? Or spoil ourselves in the Lord? Funny thing about that, the more we know God, and know His word, the more we see that He, Himself, is willing to do ALL the work on our behalf, He is willing to grace us with life and life abundant; There's nothing that we can do to add to the work that He has done to bring us salvation. So, it is totally to our benefit to belong to Him, to know Him, to live for Him because His rewards to us are so generous. We truly do pamper ourselves by trusting and delighting in Him as we allow Him to be the One to accomplish the work and let Him have control over our circumstances. This "delight" in verse 4 is an imperative, it's a command. God commands it because He knows it is in our best interest to place our delight in Him.

If you think about it, we can only take delight in what we know or experience, so the question comes, do you know God? He's rather amazing! I mean really, truly, spectacularly, amazing! God is all powerful, the Lord God almighty, full of grace and mercy day after day after day, forgiving all our sin while we yet sinners. He loves with a love that keeps on loving regardless of the response He's given, because He is love. He is just. He is Holy and Righteous, there is none other like our God. He is good! He is faithful, even when we are not. He is Omniscient - He knows all things. He is the beginning and the end. He is ever present. He is our Creator and the lover of our soul. He is a rock, a refuge, a shelter. This God whom we are to delight in, has the supply for every single one of our needs.

God, in His holy perfection, looked down on us, a sinful people, and knew our need of a Savior. So, He made supply for our greatest need of all, as we're told in John 1:14 ***"...The Father sent the Son to be the***

**Savior of the world."** As we see in John 1:14, the Word became flesh and dwelt among us. Jesus, born of a virgin by the power of the Holy Spirit.

We're told in Philippians 2:6-7 that Christ Jesus, **"although He existed in the form of God, did not regard equality with God a thing to be grasped [or be held on to], but emptied Himself, taking the form of a bond servant, and being made in the likeness of man, He became obedient to the point of death, even death on a cross."**

God sent His Son to die and pay the penalty for the sin that separates you and I from Him. But then, there was this sweet victory in death for it was, as planned long before, that Jesus the Christ would be raised! And now He lives, having risen from the dead, our Savior sits at the right hand of God, and with every condemnation against us, declares every believer REDEEMED! If you belong to Him, YOU ARE REDEEMED! Christ has the scars that bear witness to that fact the price has been paid. You and I were purchased, pardoned, and made a people for His own, as we're told in Titus 2:14. God did that! That is our God and it is in Him that we are to delight.

We also can take joy in Him by being in His word. The word of God is an anchor, our strength, His words are refreshing to our soul. And while this instruction to take delight in the Lord is given, don't we often find ourselves in situations that don't necessarily have us running to obey that directive? *Circumstances* in life can often trip us up, and our eyes get fixated on the situation, stripping us of any sense of delight when we take our eyes off of Him, the author and finisher of our faith (Hebrews 12:2)

But notice where we are to find our delight... it is not in our circumstances, not in our situations, but - In the Lord. I'm positive Jesus did not delight in going to the cross, but He went with the words, "not My will, but Thine be done." If you are having a tough time delighting in the Lord, open His word and look full in His face. You will find more than enough to delight in.

When you delight in Him, here's what He will do - **"He will give you the desires of your heart."** The desires of your heart. Hebrews 11: 6 reads, **"And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him."** Do you believe that He is? And that He is a rewarder. When we read words such as these it can become easy to start thinking that because we are a believer of God, a follower of Christ, that life should be pretty good, easy street. We might think that if it says He will give us the desires of our heart that then we shouldn't have to suffer, or do without in any way. But, Dear One, God is not a genie that we can command at our will. This is GOD we are referring to. We did not make Him, He made us.

Note that His promise to give us the desires of our heart FOLLOWS the command to TRUST HIM, and to TAKE DELIGHT in the Lord, for therein lies the key. We will look more at this tomorrow.

*Father, Your mercies are new every morning, no matter how we have failed You, You freely give more grace to cover every sin. Your Son now sits at Your right hand declaring the price has been paid, the very proof is in the scars on His hands and feet. Praise You Lord God for redeeming us in Christ Jesus. Praise You for being a God who is totally trustworthy and able. In the name of Jesus I come asking a blessing on each of these who choose to follow You, to trust You and delight in You. To Your praise. Amen.*