

## DELIGHT

“Desires of the Heart” (Psalm 37)

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August 12-14, 2022

## DISCOVERING Delight

Here are the top 8 responses from people who were asked, “When will you be most happy?” When we have a (1) fulfilling career, (2) satisfying marriage, (3) wonderful kids, (4) loyal friends, (5) amazing adventures, (6) secure finances, (7) healthy bodies, (8) feeling of being valued. If you’ve lived long enough, you know that “these things” will not bring happiness. Instead, you must seek God’s heart for lasting joy.

When we’re \_\_\_\_\_, God \_\_\_\_\_ our desires  
to \_\_\_\_\_ them with His \_\_\_\_\_.

## 3 WAYS to DELIGHT in God

According to Psalm 37, if you want to find delight, you must allow God to shape you in these three virtues (trust, patience, peace). If these attributes fill your heart, you will experience lasting happiness.

We delight in God when we:

\_\_\_\_\_ in His \_\_\_\_\_.

\_\_\_\_\_ with Him instead of \_\_\_\_\_.

\_\_\_\_\_ in the shelter of His \_\_\_\_\_.

# Discussion Questions

## Getting Started

1. Do you genuinely believe that God delights in you (Ps. 18:19)? When do you feel that God is “pleased” with you (Mt. 3:17)?

## Digging Deeper

2. The word “delight” in Psalm 37:4 and 37:11 means to be soft and pliable. It is found eight other times in the Old Testament (Dt 28:56; Job 22:26; 27:10; Isaiah 55:2; 57:4; 58:14; 66:11; Jer 6:2). Why do you think the translators used the word “delight” for a word that means delicate?
3. Read Psalm 139:23-24. Being “pliable” in God’s hands means that you ask Him to search your heart for anything that is contrary to His will. Do you regularly ask God to examine you?

## Applying the Word to Life

4. The next time you are enjoying the goodness of life, ask yourself these questions: Am I taking delight in the sunset or in the God who painted the sky? When I receive a compliment, do I delight in myself or do I give the glory to God? After a workout, do I delight in my body or do I delightfully give thanks for God giving me strength? Do you see the difference?
5. Did you know that you can delight in God when you are patiently waiting on Him for a breakthrough in your life? If we only delight in God when we have something good come into our life, then we are delighting in the “good” instead of in God. What can you do to show God that you simply delight in Him?
6. Do you have a “secret place” where you can delight in God?
7. What will you do with the playdough this week? Will you allow it to remind you that God is the potter and you are the clay?