

Delighting in God

Good food, a great book or movie, time with family or friends, experiences in nature, etc., are all things in which we take delight at times. And we should! Such things are good gifts from our Heavenly Father. And yet, God himself must be our highest delight if our lives are going to be ordered right. And so, do you delight in God? What exactly does this mean to delight in God? And how do we get there if we find that we come up short in the delighting-in-God department? This is the focus of today's study.

Opening Question: What is something in which you easily delight?

Read Psalm 32:11; 37:4; 43:3-4; 149:2; Habakkuk 3:17-18; Philippians 4:4

1. What disposition do these passages say we are to have towards the Lord?
2. Look again at Psalm 37:4. What does the word "delight" mean in this passage? And what does this verse say is the fruit of delighting in God?

Brian said:

Now, here's the thing about this command to delight in God; it is not just a command to THINK in our minds that God is desirable. It certainly starts with how we think about God, but ultimately it is a command to FEEL great pleasure in God. Until I started looking at this last fall, I don't think this idea had ever been clear to me that this command involves our feelings.

3. Do you agree with this idea that delighting in God MUST involve our feelings? Why or why not?
4. How would you evaluate yourself? Do you delight in God? Do you have affection in your heart for God? Explain.

Read Psalm 27:4

5. What insights does this passage give us on how we can get to a place of delighting in God?

6. What are aspects of God's character that most help you get to a place of delighting in Him? Why?

Read Psalm 149:1-4

7. What are the commands in verses 1-3?

8. Verse 4 gives the reason for the commands in the first 3 verses. What is the reason?

Brian said:

If you think that God's disposition towards you is anger or disappointment or indifference, you will not delight in him. The good news is that if you are in Christ, God's disposition towards you is love, grace, mercy, and kindness. He delights in you! God is the father in the story of the prodigal son (Luke 15) who has His arms wide open to you. What did that father do when his son returned? He threw a party. He HAD to celebrate for he delighted in his son. Have you ever thought about how the son must have felt about his dad? How would the son's response not be to delight in his dad? But it started with his dad's delight in him. This is God's heart towards you!

9. How easy is it to believe that God really does delight in you?

10. How might it help you to delight in God if you can really get that God delights in you first?