

**Introduction**

1. A wonderful Psalm
2. Light and darkness in life
3. Here we look at life from above

**1. THE GRACIOUS COMMAND**

- 1) We are to delight in God because He is delightful – the only One we cannot idolize.
- 2) We are to delight in God as He is, not as He is imagined to be:
  - i) The only God
  - ii) Trinity
  - iii) In control of all events
- 3) How we are to delight in God:
  - i) God’s being is delightful: His attributes
  - ii) God’s company is delightful: “walk”
  - iii) God’s will is delightful: contentment
  - iv) God’s rule of life delightful: His commands
  - v) God’s sacraments are delightful
- 4) Why we are to delight in God:
  - i) Failure to do so leads to sin: Adam
  - ii) All the saints of scripture show us this
  - iii) Above all, Christ teaches us this by his own example: Psalm 40  
APPLICATION: If we delight in God we shall be happy in all circumstances.  
EXAMPLES: Job – David – Mary  
 ”The Rare Jewel of Christian Contentment”

**2. THE PROMISE**

- 1) “desire of heart”: we all have this:

- i) to have our secret wishes given us
- ii) to have some problem removed
- iii) to see some good event happen e.g. Simeon
- iv) to make progress in holiness
- v) some secret prayer answered

**OBSERVE**: Scripture often shows this:

Sarah had a son;

Isaac got a good wife;

Job got twice as much;

Hezekiah got proof of healing;

Christ got to glory

**APPLICATION**: Here is the way to get your heart’s desire given you.

**APPLICATION**: Beware of snatching your blessings.

- 2) Nothing is so good as getting a blessing from God suited exactly to our heart’s desire:
  - i) God’s blessing... "adds no sorrow"
  - ii) God can make an answer to our needs just exactly as we need:  
ILLUSTRATION: a well-fitting suit
  - iii) See Psalm 126: "Like them than dream"!  
APPLICATION: Does this not comfort you? Every need you have is catered for.

**3. HOW TO LOOK AT THIS PROMISE**

- 1) It is to all who believe it, as all God's promises are.
- 2) It must be waited for patiently till God fulfills it - so pray and wait.  
APPLICATION: The temptation is to doubt God and to become impatient
- 3) God will have our faith to be tried. But there is a time for every blessing in life to come.
- 4) The Lord's people have many desires in their heart:
  - i) The conversion of a loved one
  - ii) A problem in life, perhaps health
  - iii) A longing for glory - yet a fear of death

## **CONCLUSION**

In a sense, those who delight in God cannot have disappointments.  
Disappointments are "His appointments". But if you wait, God will give you your heart's desire.

**PSALM**

**37: 1 - 6**

**63: 1 - 6**

**126: 1 - 6**