



## **Delight in the LORD** **A Psalm of David**

### *A Message from the Quorum of Twelve Apostles*

The book of Psalms is a collection of 150 songs, prayers and poetry. They were written by several authors, including King David, Moses, King Solomon and others, but the most prolific of the writers was King David, who wrote 73 of them. He wrote his psalms in the good times and the bad times of his life. He wrote psalms when he was running for his life; he wrote psalms when he felt forsaken by God; he wrote psalms begging for God's mercy; and he wrote psalms of praise for God's goodness. David provides instruction to us for every aspect of our lives. Readers of the psalms of David can easily compare their own life struggles with those of David. Who has not experienced fear, disappointment, crying out to God for mercy, and thankfulness for His touch?

Psalm 37 provides specific instruction for believers regarding how to deal with envy, but is applicable for all of the situations we may encounter in our lives. David addresses a timeless question: Why do the unrighteous seem to prosper and the righteous do not? In the first three verses, David tells us *not to worry about those who do evil and not to envy their natural successes*. He tells us that *in God's due time the workers of evil will be cut down like the grass and wither as the green herb*. He urges us to *trust in the Lord, and do good, and we will be okay*. He doesn't instruct us to go after the unrighteous and take matters into our own hands. Just trust in the Lord, do good, and we will be okay.

However, verse four seems to add a qualifying condition for our wellness: *"Delight thyself also in the LORD; and he shall give thee the desires of thine heart."* This sounds pretty simple but what are the implications of this message?

#### What does it mean to delight in the Lord?

Do we understand why we should delight in the Lord? The best answer is that He loved us enough to send Jesus to die for our sins and offer us the opportunity to have eternal life. He gave us His Holy Spirit to lead us and comfort us throughout our lives. Everything else in this life pales to insignificance when we consider our gift of eternal life.

Do we understand what delight is? Delight is to have joy, pleasure, happiness and satisfaction. Delight can be gleeful, enchanting, amusing and mysterious. Do we have these emotions when we dwell upon our relationship with the Lord? Do we value His love and His promises and have confidence in them? Is the Lord our best friend, our confidant, and a part of every aspect of our lives? If we do not delight in the Lord and pursue a joyful relationship with Him – in prayer, in thanksgiving, in rejoicing – and even in our sorrow – then we cannot understand what the desires of our heart should be.

#### What are the desires of our heart?

It is proper for us to desire good things in our lives: to be healthy, have fulfilling work, adequate

finances, a loving family, a home, joy and peace. Our Lord wants us to have these things and has promised to help us achieve our good desires but He is clear that the strongest desire of our heart should be to love Him, do good, and follow His commandments. Jesus was asked which is the great commandment in the law and He responded, “...*THOU SHALT LOVE THE LORD THY GOD WITH ALL THY HEART, AND WITH ALL THY SOUL, AND WITH ALL THY MIND. This is the first and great commandment. And the second is like unto it, THOU SHALT LOVE THY NEIGHBOR AS THYSELF*” (Matthew 22:37-39).

Paul the Apostle wrote to the Philippians that *their desires should be to rejoice in the Lord always, to let their moderation be known to all, to let their requests be made known to God through prayer and supplication with thanksgiving, and that the peace of God, which passeth all understanding, would keep their hearts and minds through Christ Jesus.* He encouraged them to *think on things that are honest, just, pure, lovely, of good report, virtue and praise.* His personal testimony was that *he learned to be content in whatever state he found himself, whether hungry or full, in need or in want, that he could do all things through Christ which strengthened him.* (Philippians 4:4-13).

These are the things that should be included with the desires of our heart.

Do we really delight in the Lord?

In comparison to the delight we have with our natural family, Church family and friends, do we show the Lord God that we do have joy and pleasure and satisfaction in Him? Perhaps this is something we can think about as we communicate with our Lord. If we have not developed a delightful relationship with the Lord let us consider the teachings of Psalm 37. If our relationship with the Lord is rich and fulfilling and our desires are pleasing to Him let us always remember that we will be with Him eternally. As we continue our journey of life may we always be content in whatever state we find ourselves.

No matter what happens in our lives God sees us and hears our prayers and will carry us through the challenges of our lives. Hold on to His promises and commune with Him always.

David says, “*Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth. For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be. But the meek shall inherit the earth; and shall delight themselves in the abundance of peace. The wicked plotteth against the just, and gnasheth upon him with his teeth. The LORD shall laugh at him: for he seeth that his day is coming.*” (Psalm 37:7-13). “*But the salvation of the righteous is of the LORD: he is their strength in the time of trouble. And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him.*” (Psalm 37:39-40). Amen and amen!

In the love of God,

The Quorum of Twelve Apostles

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