

**Scripture:** The Law of the LORD (Ex. 20) & Ps. 37  
**Singing:** 281:1-4 – 141:1 - 266:1-3 – 53:1-5 – 100:1-4

A. Contentment is one of the rarest jewels to possess

<b>THE DELIGHTING IN JEHOVAH</b> <b>I. The basis II. The exercise III. The fruit</b>
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**I. The basis of this delighting in the LORD**

A. David encountered the same perplexities we often do in God's providence

B. Yet this faith-veteran wrote Psalm 37 to encourage us to *delight in Jehovah*

1. This *delighting* follows upon vs. 1-3

2. This *delighting* in the LORD precedes changes in circumstances (4b)

C. How is it possible for David to call us to delight in the LORD?

1. Only possible when know and able to trust in Who the LORD is

2. Only in knowing and trusting can we delight in him: see Gen. 22:1-2

**II. The exercise of delighting in the LORD**

A. To delight is to take real pleasure in the LORD

1. To delight is like Ps. 94:19 *In multitudes of my thoughts within me, thy comforts delight my soul*

2. What are the 'comforts' in such circumstances and multitude of thoughts?

B. To delight is to deeply meditate and rejoice in the LORD and His works

1. Consider His Names

2. Consider His Being

To live in fear of LORD and place all your trust in Him is the greatest delight one can receive in this world. Nothing so calms the soul! Nothing so expels vanity full of vexation and worry! Nothing so subdues the iniquity of the heart! (John Howe)

### **III. The Fruit of delighting oneself in the LORD**

A. Take note of divine order in vs. 4: *delighting precedes receiving*

B. Will God then grant us all or any desires of our heart?

C. What are the desires of those who truly delight in Jehovah, which He will grant according to His holy Gospel?

#### **Closing Reflections:**

A. Is God become your greatest delight?

B. If God is not your greatest delight, then all your delights are vain!

#### **Thoughts on Happiness**

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Man wishes to be happy even when he lives so as to make happiness impossible.

(Augustine)

Happiness is not the goal of life: holy character is. (Henry Beecher)

The way of holiness that leads to happiness is a narrow way.  
There is but just room for a holy God and a holy soul to walk together.

(Thomas Brooks)

My true happiness is to go and sin no more. (R. M. M'Cheyne)

Sow holiness and reap happiness. (George Swinnock)