




# Loving God:

## Delighting in Him




### The Definition of Loving God

- To love God is:
  - to self-sacrificially commit oneself
  - to delight in Him,
  - to rejoice in serving Him,
  - to desire continually to please Him,
  - to seek one's happiness in Him,
  - and to thirst day and night for a fuller enjoyment of Him.



### The Relationship of Love & Delight


- Love occurs in parallel with delight
  - Proverbs 3:12 For whom the LORD loves He reproves, Even as a father corrects the son in whom he delights.
  - Psalm 119:47 I shall delight in Your commandments, Which I love.
- You delight in what you love.
  - The parallelism in these verses supports our intuitive understanding that love and delight go hand in hand.



### A. The Duty of Delight

- Through David, God commands us to delight ourselves in the Lord.
  - Psalm 37:4 Delight yourself in the LORD; And He will give you the desires of your heart.
- “It is a Christian duty, as you know, for everyone to be as happy as he can.”
 


~C. S. Lewis



### A. The Duty of Delight

“Joy is not just the spin-off of obedience to God, but part of obedience. ... Saying ‘don’t pursue joy, pursue obedience’ is like saying ‘don’t eat apples; eat fruit.’ ... Joy is an act of obedience. We are *commanded* to rejoice in God.”

~John Piper



### B. The Meaning of Delight

- The word translated “delight” in Psalm 37:4 means “to take exquisite delight in” or “to take one’s pleasure in.”
- Isaiah 55:2 illustrates what this delight is like
  - Why do you spend money for what is not bread, And your wages for what does not satisfy? Listen carefully to Me, and eat what is good, And delight yourself in abundance.

### C. Our Problem: Too easily pleased

- C. S. Lewis:  
“If we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires not too strong, but too weak. ...

### C. Our Problem: Too easily pleased

...We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.”

### D. We are Designed to Delight

- God designed us to find pleasure in Him.
  - “The chief end of man is to glorify God and enjoy Him forever.” (Westminster Catechism)
  - “God is most glorified in us when we are most satisfied in Him.” (Piper)
  - How strong is your desire for God?
  - Are there any ‘mud pies’ you’re hanging on to?

### E. The Expression of Delight

- How do you express delight?
- How do you know when you delight in someone or something?
  - Illustration: ToDoList

### E. The Expression of Delight

- “All enjoyment automatically overflows into praise.... The world rings with praise—lovers praising their beloved, readers praising their favorite author, walkers praising their favorite countryside, players praising their favorite game.... We delight to praise what we enjoy because praise not only expresses our enjoyment; it completes it. Praise is the natural result of enjoyment.” (C. S. Lewis)

### E. The Expression of Delight

- If Lewis is right, the Psalms overflow with expressions of the Psalmists’ delight in God
  - **Psalm 89:1** I will sing of the mercies of the LORD forever; With my mouth will I make known Your faithfulness to all generations.
  - **Psalm 84:11** For the LORD God is a sun and shield; The LORD will give grace and glory; No good thing will He withhold From those who walk uprightly.

## E. The Expression of Delight



- **Psalm 17:15** As for me, I shall behold Your face in righteousness; I will be satisfied with Your likeness when I awake.
- **Psalm 43:4** Then I will go to the altar of God, To God my exceeding joy; And upon the lyre I shall praise You, O God, my God.
- **Psalm 59:16** But as for me, I shall sing of Your strength; Yes, I shall joyfully sing of Your lovingkindness in the morning, For You have been my stronghold And a refuge in the day of my distress.

## E. The Expression of Delight



- **Psalm 63:7** For You have been my help, And in the shadow of Your wings I sing for joy.
- **Habakkuk 3:17-18** Though the fig tree should not blossom And there be no fruit on the vines, Though the yield of the olive should fail And the fields produce no food, Though the flock should be cut off from the fold And there be no cattle in the stalls, Yet I will exult in the LORD, I will rejoice in the God of my salvation.

## E. The Expression of Delight



- Key points
  - Delight expresses itself in praise.
  - Delight is incomplete until it has been expressed in praise.
  - Praise not only expresses our delight, but it completes our enjoyment; it is its appointed consummation.

## How to Delight in the Lord: Overview



- Delight: Thanksgiving Dinner Analogy
  - Anticipation
  - Savoring
  - Recalling and Praising

## II. How to Delight in the Lord



- A. The requirement for delight
  - The very nature of delight requires that some kind of connection or relationship exist between us and the object of our delight.
  - Illustration: Cincinnati Reds
  - We must have a personal relationship with God before we can truly delight in Him.

## II. How to Delight in the Lord



- B. The focus of our delight
  - In Psalm 37:4 the words “in the Lord” establish the focus of our delight.
  - “LORD” is God’s personal name.
    - Jehovah is the God who enters in personal relationships with people.
    - He will always do what He has said He will do.
  - Delighting in God is the result of meditating on how His person, works, and word benefit our lives.

## II. How to Delight in the Lord



- 1. Delighting in who God **is** for you.

**Psalm 18:1-2** A Psalm of David the servant of the LORD, who spoke to the LORD the words of this song in the day that the LORD delivered him from the hand of all his enemies and from the hand of Saul. And he said, "I love You, O LORD, my strength." The LORD is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold.

## II. How to Delight in the Lord



- 2. Delighting in what God **does** for you.

**Psalm 18:6** In my distress I called upon the LORD, And cried to my God for help; He heard my voice out of His temple, And my cry for help before Him came into His ears.

**Psalm 18:29** For by You I can run upon a troop; And by my God I can leap over a wall.

## II. How to Delight in the Lord



**Psalm 18:32-35** The God who girds me with strength And makes my way blameless? He makes my feet like hinds' feet, And sets me upon my high places. He trains my hands for battle, So that my arms can bend a bow of bronze. You have also given me the shield of Your salvation, And Your right hand upholds me; And Your gentleness makes me great.

## How to Delight in the Lord



- 4. Delighting in what God **reveals to** you.
  - **Psalm 18:30** As for God, His way is blameless; The word of the LORD is tried; He is a shield to all who take refuge in Him.
  - **Job 23:12** I have not departed from the commandment of His lips; I have treasured the words of His mouth More than my necessary food.
  - Focus on God's Promises

## Summary



We delight ourselves in the Lord when thinking about who God is for us, what He does for us, and what He reveals to us brings us pleasure and we express that pleasure in joyful praise.