

Psalms 37: 3-4

Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. (4) Delight thyself also in the Lord; and He shall give thee the desires of thine heart. [KJV]

Trust [rely on and have confidence] in the Lord and do good; Dwell in the land and feed [securely] on His faithfulness. (4) Delight yourself in the Lord, And He will give you the desires and petitions of your heart. [AMP]

In this chapter of Psalms, David is persuading patience and confidence in God by the state of the godly and of the wicked.

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What Does It Mean to Delight Yourself in the Lord? (Psalms 37:4)
(<https://www.gotquestions.org/delight-yourself-in-the-Lord.html>)

This means that our heart is able to truly find peace and fulfillment in Him. If we can find satisfaction and worth in Christ, He will give us what we desire.

What are some ways You can find satisfaction in Christ?
How do you believe God can test or know that you've truly found satisfaction in Him? [He can and will begin to remove other things and people that satisfy you.]

Here's what's really going on...

{When we really rejoice or delight in the eternal things of God, our desires will begin to parallel His and we will never go unfulfilled.}

...So it's not like He changes and comes in agreement with you. You come up to meet Him where He is. Your desires begin to change. What you use to yearn for that wasn't from God becomes distasteful.

A lot of people delight in things such as wealth, status, material possessions, and other temporary things. These people really never feel fulfilled in life. They will always want more. King Solomon in (Ecclesiastes 1:2) states that "Everything is Meaningless."

To **delight** in someone means to experience great pleasure and joy in his or her presence. This can only happen when we know that person well. Knowledge of God's great love for us will give us delight.

Let's think about someone you're delighted to be around and be connected to...
How did you get to that point?
How do you know you're delighted?
What helps you to remain delighted?

Intimacy with God: The Way to True Fulfillment

(<https://www.focusonthefamily.com/faith/christian-singles/what-it-means-to-be-intimate/intimacy-with-god-the-way-to-true-fulfillment>)

It's in God's love that we find fulfillment that no human can provide. So it's God that

brings the love. What do I do? How do I experience the love so that I might be filled?

1. Embrace the truth that intimacy with God has no contenders
2. Accept that a fulfilling intimate love relationship with God is personal
3. Talk with God - 1 Peter 5:6-8. The more you come to know God through the Word, the better able you will be in discerning His voice (Romans 12:2)
4. Spend time with others that believe in Christ
5. Be patient - it takes time

{NLT Life Application Study Bible}

To commit to God means to trust Him with **everything**. It's much easier to commit everything to God than carrying them ourselves. The results still remain the same. We have much less to lose with giving Him a try. Anything contrary to this shows a lack of faith that God loves us and is in control. For ex: To believe that sickness or bad diagnosis or lack of funds or the entities/ professionals/things that control these things DETERMINES what happens to us shows a lack of trust in Christ. If we really know and understand that God loves us, then whatever happens in life cannot move us, because we know that He is in control. Even when whatever is happening appears to be horrible, a peace should come from knowing that God loves us so its all good! Dwelling on God will benefit you. Choosing not to dwell on Him doesn't change what's happening.

{Mathew Henry's Commentary}

To delight in God is much a privilege as it is a duty.

What's the desire of a heart of a good man? To Know, Love, and Serve God.

Whatever we commit to God He will take care of. The blessing of God is the spring, sweetness, and security of all earthly enjoyments. And if we are sure of this, we are sure not to want anything good for us in this world. **Duty is ours but events are God's. The task is ours but the course in which things occur belong to God.**

Mathew 6:33

But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you. [*KJV*]

But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also. [*AMP*]

These things represent the necessities of life.

1 John 2: 15-17

Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in Him. (16) For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. (17) And the world passeth away, and the lust thereof: but he that doeth the will of God abideth forever. [KJV]

Do not love the world [of sin that opposes God and His precepts], nor the things that are in the world. If anyone loves the world, the love of the Father is not in him. (16) For all that is in the world-the lust and sensual craving of the flesh and the lust and longing of the eyes and the boastful pride of life [pretentious confidence in one's resources or in the stability of earthly things]- these do not come from the Father, but are from the world. (17) The world is passing away, and with it its lusts [the shameful pursuits and ungodly longings]; but the one who does the will of God and carries out His purposes lives forever. [AMP]

We will never be really happy and fulfilled by what this world has to offer. Putting our rest in God helps meet our every need. As our hearts begin to parallel his will, our needs and wants are granted. What happens is that our needs and wants begin to change. Gods will doesn't budge. God will provide above and beyond.

John 4:14 (Jesus was talking to the Samaritan woman)

But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life. [KJV]

But whoever drinks the water that I give him will never be thirsty again. But the water that I give him will become in him a spring of water [satisfying his thirst for God] welling up [continually flowing, bubbling within him] to eternal life. [AMP]

Spiritual functions parallel physical functions. Just like my body hungers and thirsts, so does my soul. The living Word, Jesus Christ, and the written Word, the Bible, can satisfy our hungry and thirsty souls.