

# Be Happy in the Lord

Psalm 37:4

If you find your happiness in the Lord,  
you will have all that you desire, and you will be happy.

## 1. What does it mean to delight yourself in the Lord?

- a. It means to make Him the object of your \_\_\_\_\_.
- b. It means to make Him the source of your \_\_\_\_\_.

## 2. How can you learn to be happy in the Lord?

- a. By \_\_\_\_\_ Him.
- b. By \_\_\_\_\_ Him.
- c. By \_\_\_\_\_ your life to Him.

## 3. Why will this make you happy?

- a. Because the Lord will \_\_\_\_\_ your \_\_\_\_\_ with His and will be glad to them to you.
- b. Because only the Lord knows what will \_\_\_\_\_ your heart, and He has \_\_\_\_\_ it to you.



# **Be Happy in the Lord**

**Psalm 37:4**

What would need to change  
for you to be happy?

**Psalm 37:1-2**

Do not fret because of evildoers,  
Be not envious toward wrongdoers.  
For they will wither quickly like the grass,  
And fade like the green herb.

**Psalm 37:3-5**

Trust in the LORD, and do good;  
Dwell in the land and cultivate faithfulness.

Delight yourself in the LORD;  
And He will give you the desires of your heart.

Commit your way to the LORD,  
Trust also in Him, and He will do it.

If you find your happiness in the Lord,  
you will have all that you desire,  
and you will be happy.



**Happiness in the Lord.**

What does it mean to delight  
yourself in the Lord?

**Delighting in the Lord...**

Means making Him the object  
of your affections.



**Psalm 37:4**

Delight yourself in the LORD;  
And He will give you the desires of your heart.

Your affections are what you've set your heart on;  
They are your **why**.

To delight in the Lord is to set  
your affections on Him such that  
He becomes your **Why**.

**Psalm 40:8**

I delight to do Your will, O my God;  
Your Law is within my heart.

# Delighting in the Lord?

It means making Him the object of your affections.

It means making Him the  
***source*** of your happiness.

To **delight** is to *enjoy*,  
to take great *pleasure* in,  
to be *happy in*.

Psalm 37:4

**Delight yourself in the LORD;**

And He will give you the desires of your heart.

What will make you happy?

If the Lord is the source of your  
happiness, you will be happy.

**Psalm 16:11**

In Your presence is fullness of joy;  
In Your right hand there are pleasures forever.



**Psalm 36:7-9**

How precious is Your lovingkindness, O God!  
And the children of men take refuge  
in the shadow of Your wings.

They drink their fill of the abundance of Your house;  
And You give them to drink of the river of Your delights.  
For with You is the fountain of life;  
In Your light we see light.

# Happiness in the Lord.

What does it mean to delight yourself in the Lord?

How can you learn to be  
happy in the Lord?

Psalm 37:4

Delight **yourself** in the LORD;

And He will give you the desires of your heart.

**Be happy in the Lord how?**

**By knowing Him.**

Psalm 37:4

**Delight** yourself **in the LORD;**

And He will give you the desires of your heart.

You cannot delight in what  
you do not know.

## **Jeremiah 9:23-24**

Thus says the LORD, "Let not a wise man boast of his wisdom,  
and let not the mighty man boast of his might,  
let not a rich man boast of his riches;  
but let him who boasts boast of this,  
that he understands and knows Me,  
that I am the LORD who exercises lovingkindness,  
justice, and righteousness on earth;  
for I delight in these things," declares the LORD.

# Be happy in the Lord how?

By knowing Him.

By trusting Him.



**Psalm 37:3-5**

Trust in the LORD, and do good;  
Dwell in the land and cultivate faithfulness.

Delight yourself in the LORD;  
And He will give you the desires of your heart.

Commit your way to the LORD,  
Trust also in Him, and He will do it.

When you trust in the Lord, you will  
do the good He desires of you and  
will see the beauty of His design.

**Psalm 37:3-5**

Trust in the LORD, and do good;  
Dwell in the land and cultivate faithfulness.

Delight yourself in the LORD;  
And He will give you the desires of your heart.

Commit your way to the LORD,  
Trust also in Him, and He will do it.

# Be happy in the Lord how?

By knowing Him.

By trusting Him.

**By committing your life to Him.**

**Psalm 37:3-5**

Trust in the LORD, and do good;  
Dwell in the land and cultivate faithfulness.

Delight yourself in the LORD;  
And He will give you the desires of your heart.

Commit your way to the LORD,  
Trust also in Him, and He will do it.

When you commit your way to the Lord, He will guide and guard your steps and will keep you from falling.

**Psalm 37:23-24**

The steps of a man are established by the LORD;  
And He delights in his way.

When he falls, he shall not be hurled headlong;  
Because the LORD is the One who holds his hand.

# Practical things to do...

Spend time in the Word with a view to know God and His design for you.

Spend time meditating on God's attributes, His character, and His works.

Pray that God would deepen your delight in Him.

Spend time with others discussing the beauties of God and His gospel.



# Happiness in the Lord.

What does it mean to delight yourself in the Lord?

How can you learn to be happy in the Lord?

Why will learning to delight in  
the Lord make you happy?

**Why will this make you happy?**

Because the Lord will align your desires with His and will be glad to give them to you.

**Psalm 37:4**

Delight yourself in the LORD;

**And He will give you the desires  
of your heart.**

You can be assured that when you  
want what God wants for you,  
you will never be disappointed.

# Why will this make you happy?

Because the Lord will align your desires with His and will be glad to give them to you.

Because only the Lord knows  
what will satisfy your heart,  
and He has promised it to you.

**Psalm 37:4**

Delight yourself in the LORD;

And He will give you **the desires of your heart.**

Even you do not fully understand  
what drives your own heart.

## Jeremiah 17:9

The heart is more deceitful than all else  
And is desperately sick; **Who can understand it?**



Temptation is the suggestion that something other than the Lord will delight you.

But only the Lord knows what will most satisfy you, and He has promised it to you.

**Psalm 1:6**

For the LORD knows the way of the righteous,  
But the way of the wicked will perish.

**Nahum 1:7**

The LORD is good, a stronghold in the day of trouble,  
And He knows those who take refuge in Him.

If you want to make a resolution for 2019...

**Resolve to be happy  
in the Lord.**

# Suggestions for Reflection

What have I been believing will make me happy?

How have I been pursuing happiness?

What can I do now that will deepen  
my affection for Christ?