

[Delight Yourself in the Lord](#) (taught in February 2019)

Psalm 37:4-6 Delight yourself in the Lord and He will give you the desires of your heart.

Commit your way to the Lord, trust in him, and he will do this. He will make your righteousness shine like the dawn, the justice of your cause like a noonday sun.

Week 2 (of 2)

Optional discussion questions/conversation starters:

- Brief review from last week: Why do we want to read the verses before and after memory verses? (So we know what the verses mean!) What is this called? (context)
- Do you remember where to find the context of these verses? (At least Psalm 37:1-9, or the entire psalm.)
- Do you remember what we learned about the context? (That David is contrasting two things throughout the psalm: those who do evil and those who follow the ways of the Lord; those who do evil will fall and that who follow the ways of the Lord will be blessed.)
- What is a psalm? (Psalms are mostly songs or poems.)
- Old Testament or New Testament? Who wrote this psalm? (David) Who is David? (King of Israel, 1000 BC)
- What does “delight” mean? Name some things in which you delight.
- What does it mean to “delight yourself in the Lord”? (let people share and brainstorm, I don’t like saying too much – I don’t want to limit discussion!)
- Verse 4 reads, “Delight yourself in the Lord and He will give you the desires of your heart.” Does this verse mean that if I delight myself in the Lord that God will give me

everything I want? (nope!) Remember the context: verses 1-3 read, “Do not fret because of evil men or be envious of those who do wrong; for like the grass they will soon wither, like green plants they will soon die away. Trust in the Lord and do good; dwell in the land and enjoy safe pasture.” Then right into our verse 4: “Delight yourself in the Lord and He will give you the desires of your heart.” God is saying that those who do evil will fall, yet those who follow Him will live and thrive in Him! Dying grass versus enjoying safe pasture – quite a contrast.

- How do we “commit our ways to the Lord”? (again, share casually – brainstorm, process, think. In this context, it mostly means following God’s ways.)
- How do we “trust in him”? (Share naturally, then remember the context of the contrast: trust that God will reward those who follow him, even though at times it appears that those who do wicked succeed.)
- What is the “dawn”? What is “righteousness”? (In this context, specifically following God’s ways/doing what is right.) What does it mean that “your righteousness” will shine the dawn? (Even though those who do evil may look like they are thriving, they will soon wither while those who follow God’s ways/do what is right will soon be seen thriving massively and brightly and gloriously and majestically! Those who follow God’s ways WIN IN THE END!)
- What does “justice of your cause” mean? Remember the context. When someone who does something bad succeeds, that not only doesn’t seem fair, it *isn’t* fair. God is entirely fair. He will make all things right. We may not see it all happen ourselves, but God makes everything fair (justice) in the end.
- It can be hard to see those who do wrong things succeed. God makes it very clear that He sees us doing good things, that he is super pleased when he sees us doing good things, and that He will reward us for doing good things. People may not think we’re cool for doing good things, but God does, and truly, that’s all that really matters.

- If you have time, read the entire psalm. The repetition of the contrast is striking, insightful, and extremely encouraging.
- Ask each person to share something for which they would like prayed. Close in prayer (can be led by one person or each person can pray), specifically including everyone's prayer requests, and asking God to help keep our eyes on Him (to delight in Him!) and to follow His ways. Thank God that He sees everything good you do, for loving everything good you do, and for rewarding you for everything good you do.
- Finish by singing the song again!

Optional activity during the week: [Our Five Senses](#)

by Dana Twichell

To view previous weeks' lessons, visit our Children's Ministry webpage:

<https://oakharborfamilybible.org/ministries/children/>