

### **Delight Yourself in the Lord??**

Psalm 37: 3-4 (NASB) 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.

These aren't just ordinary scripture verses, but very special promises, based on very special principles, given to very special people--Christians.

You and I are living in a day when everything moves at an incredibly high rate of speed. We can get fast food, instant oil changes, instant answers from searching the Net, and even instant preaching on television.

Though there is nothing intrinsically wrong with getting things done efficiently, relationships that take time and effort can suffer in our hurry to get things done quickly. This is especially true of our relationship to God.

He isn't interested in shallow commitments or vague mumbled prayers, but rather, wants our full and complete attention--for one reason. So He can build us up to stand strong in times of pressure and stress.

You and I are precious to God. In fact, scripture says He designed Adam and Eve because He was lonely for companionship. His greatest joy, according to Genesis 3, was spending time with His beloved Adam and Eve, talking with them in the cool of the evening as they walked in the beautiful garden He created just for their enjoyment.

He didn't really need them to share their feelings; He already knew exactly how they felt on every subject. And yet, He loved listening as they shared their hearts with Him. And He loved telling them they were precious, cherished and special.

The same is true today. In fact, it's in relationship with God that we finally understand His love for us, and can walk in peace, because, as scripture says, "Perfect loves casts out fear."

Relationships can't be rushed the way other things can. They tend to suffer in the translation.

You and I need to spend time with God, shutting out the din of the world, just to hear His tender wooing. He wants us to come away with Him, spend time with Him, get to know Him, and listen to His plans for us. He delights in us,

loves to address our issues, encourage our hearts, and set us above the circumstances that pull us down.

He says, in fact, that He has created a hiding place where you and I can go to recover from the relentless blows the world and the enemy rain down on us. He tells us to fix our gaze on Him, shut ourselves away with Him, worship and praise Him, and He will take care of everything that threatens or intimidates us.

But this place of rest can't be found in the Instant Zone. It takes time and planning to shut off the television, walk away from the constant din of noise and distraction, and simply draw near to our wonderful God.

In truth, you and I know exactly when we need to go there. When we're stressed, feeling alone or lonely and simply are--as scripture says, pressed down, we can go to the secret place and talk to the Lord.

We can go any time, any place, and never get a busy signal or a look of half-hearted disinterest.

He always welcomes us with open arms, wooing us and encouraging us to come to Him, not because He's being demanding or selfishly claiming our already limited time, but because ***He knows we find our refreshing in His presence.*** Isn't that an awesome concept?

Do you make lists the way I do? Chances are, if I don't list something important, I'll overlook it in my hectically busy day. So each day, I try to make it a point to list my Quiet Time at the very top, so He and I can be alone, and I can pour out my heart to Him.

Try adding His name to the top of your list each morning, fitting Him into your busy schedule. Not just for an obligatory Bible reading and prayer time, but to pour out your heart to Him and let Him lift you up.

I need that time of refreshing in my life and so do you. Draw near to Him, delight yourself in Him, and watch Him refresh you and lift you up, for only then will you realize how He cherishes and adores you.