

DEUIGHT



DELIGHT

I treasure and enjoy God's presence

TRY THESE IDEAS

Thanks Journal: Start a daily journal and write down how you see God at work in your life and those you love.

Meditate: Start your day in a quiet place and just think about God's character, His promises and His attributes. Delight in who He is and what He has accomplished.

Imagine And Share: If there were no obstacles, and resources were not an issue, what would you hope to accomplish for Jesus in your life? Write it down and share it with three people who are important to you.

Read A Biography: Read the life story of someone who was all-in for Jesus. Some examples are: Jim Elliot, Dietrich Bonhoeffer, Mother Teresa, Louis Zamperini, Elizabeth Elliot, or Eric Liddell. Write down ways that they inspire you to enjoy God's presence in a new and deeper way.

Competition Discovery: Spend some time reflecting on what, or who, in your life is competing with Jesus for your affections. Eliminate the competition!

Artist Appreciation: When you see a beautiful sunset, or are fascinated by biology or a living thing, remember God is responsible for it all. Praise Him and intentionally look for evidence of His hand in your world.



extendgrace.org

DELIGHT

I treasure
and enjoy
God's presence



Developing rhythms
in my relationship
with God

Delight *I treasure and enjoy God's presence*

How we view God determines how we interact and relate with Him. Some see Him as a customer representative, a police officer, Santa Claus or even an automated service. However, God is a person! He has emotions, intellect, a will, and He desires to be present with us. He longs for us to delight in Him in a love relationship. While He gives us great gifts, He gives from a place of love and not as a transaction. One of the clear signs of spiritual growth and maturity is that we begin to prioritize our relationship with God, and we long for His presence with us much more than anything He can do for us. The more we learn to delight in God, the less sin and counterfeit pleasures will look desirable to us.

PRACTICES

PRAISE : To worship is to ascribe worth to (in this case) God. Choose to regularly sing songs of praise to God about His character and His actions. Before you ask for anything in prayer, focus some time praising God for what He has done and who He is. Write out the things you enjoy about God. Gather with other followers of Jesus and engage your heart in corporate worship.

GRATITUDE: One of the biggest attitudes we fight as human beings is "entitlement." Our society continues to tell us how much we deserve. In order to adopt the posture of a humble servant we must regularly practice gratitude. Share with God consistently all that you are thankful for in your life. Savor the little things in life: enjoy the smells and tastes of a good meal, appreciate a beautiful sunrise, sit and listen to a favorite song, spend time with someone you enjoy, or go for a walk with God.

FOCUS/PRIORITIZE: Most people spend their time trying to be happy, thinking if circumstances could change they would find happiness. Choose to focus on your relationship with God, asking not for a change in circumstance, but a joy regardless of what you face. Choose to seek God and His pleasure first.

DIG IN

Read and reflect on the short story Jesus tells in Matthew 13:44.

What would cause the man to sell all he had to purchase a field?

What stands out to you from these verses?

What do you think Jesus was trying to say about His kingdom?

Read Psalms 23; 37:1-5; 100

What do you learn about the kind of relationship and trust that is possible with God?

What does it mean to “delight yourself in the Lord”?

Why is the author of Psalm 23 “not in want”? What could it mean for the Lord to be our shepherd?

How can delighting in God’s “presence” rather than God’s “presents” transform our day to day?
What can we do to better foster this?

RESPOND

Of the three practices (Praise, Gratitude, Focus/Prioritize), which feels most natural to you? Which stands out as an area for growth? If a practice is natural for you, take it to the next level. If a practice is an area where you would like to grow, make a plan to read more about it, and seek out others who do it well or have incorporated it into their lives. Then, actively and intentionally, try out that practice for a month. Write down how you have seen God working in you, and others, as a result of anticipating God’s movement through the practice.

Our priorities flow from our hearts. Write out the 10 most important things in your life. Prioritize your list first based on where you spend your most time (both in thought and reality) and money. Now write the list in the order you would like it to be. How do the two lists differ? What can you change practically to make your first list more like the second list?

Spend a day of “savoring life.” Wear a favorite outfit, eat foods you enjoy, do some activities you enjoy, reflect on your relationship with God. Acknowledge and thank God for all the great things He does, and for His very presence with you every day.

Meditate on James 1:17 and write about your thoughts.

ADDITIONAL RESOURCES

God Is More Than Enough: Foundations for a Quiet Soul by Jim Berg

The Good and Beautiful God: Falling in love with the God Jesus Knows by James Bryan Smith

Not a Fan: Becoming a Completely Committed Follower of Jesus by Kyle Idleman

God Is More Than Enough: Foundations for a Quiet Soul by Jim Berg

FOR KIDS

What Every Child Should Know About Prayer by Nancy Guthrie



GRACE CHURCH

extendgrace.org