

Delight in God's Law

But his delight is in the law of the LORD; and in his law doth he meditate day and night.—Psalm 1:2

We know that many laws are intended for our protection. I think of speed limits and even though I may not like to have my behavior limited, it is intended to keep people safe. Laws direct and limit our behavior. They tell us what we should do and what we should not. Laws tell us what is necessary to avoid judgment.

I don't think any of us would say we delight in the laws of our government. Our immediate reaction might be that they restrict our behavior. The Bible tells us that the godly man delights or finds pleasure in the Law of the Lord. The righteous person joyfully submits to the guidance of God's law.

How do we delight in the law of the Lord? We keep out of the influence of the ungodly and away from temptation. We think about what God desires for us in the morning when we get up; in the evening when we go to bed; all day long we find joy in keeping God's law. We have an intimate acquaintance with God through His word.

What does it mean to meditate on God's Word? It means to focus our thoughts on what God says and to apply that to our lives. We will take time to think about the meaning and the message in each word and phrase. It includes experiencing and savoring the power of God. We will find delight as God speaks to our heart.

Matthew Henry explains the Christian's relationship with the Law of the Lord this way:

"This we must do day and night; we must have a constant habitual regard to the Word of God as the rule of our actions and the spring of our comforts, and we must have it in our thoughts, accordingly, upon every occasion that occurs, whether night or day. . . . It should be interwoven with the business and converse of every day and with the repose and slumbers of every night."