

Delight

*“Delight thyself also in the LORD; and he shall give thee the desires of thine heart.”—
Psalm 37:4*

This morning I sat at the table watching my nineteen-month old granddaughter. The smile on her face and the twinkle in her eye conveyed total delight. In everything she touched she found enjoyment. Simple things brought her pleasure. She was not worried about the mess on her face or the fact that she lost a shoe. She delighted in everything.

Later I listened to an adult who found fault with everything. Her shoes hurt, she was too hot, her hair bothered her. Even though she was surrounded by many wonderful things, she saw nothing good in her situation. She was totally dissatisfied.

What made the difference? Actually the lady who was unhappy had much a much better situation but could find no delight. *Delight* is defined in a Bible Dictionary as, “A high degree of pleasure, or satisfaction of mind.” In the Hebrew, it means, “to bend towards, to be inclined towards [an object or person],” and “to take pleasure in.”

I think the definition sheds some light on the cause of the difference. The English definition included “satisfaction of mind.” The Bible speaks about our minds in Philippians 2:3-5, “In lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you which was also in Christ Jesus.” Our thoughts about our situation should be like those of Christ. The focus needs to be on others and on God’s glory.

The Hebrew definition indicates that delight means to bend toward a [person] and take pleasure in [them]. If we delight in Christ we will not be cumbered by our situation. We will not dwell on all the things that we are dissatisfied with, but we will bend toward Him and find our pleasure and delight in Him.