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Where is your delight?

Happy. We all want to be happy.

One research study of 30 countries conducted earlier this year indicates that 71% of people say they are happy. That might surprise you. Coming in at #1 of the 30 is The Netherlands at 85%, while Canada comes in at #18 with 71%.

A different question is, “What does being happy mean?” Studies such as that one usually focus on a person’s financial situation, social and political situation, job, family and friends. In other words, a person’s happiness depends on his or her situation or circumstances.



Happiness in the Bible, true happiness, is something quite different. So, to help clarify that, the same word both in the language of the Old and New Testaments is translated happy, joy, blessed. True happiness does not depend on our situation or circumstances. It is part of the state and experience of a person in the kingdom of heaven, a child of God who is rescued and restored by God’s grace through Jesus. It describes a state of gladness that is a gift from God which does not go up and down with the breezes and storms of life.

Psalm 1 opens “Blessed [happy, truly happy] is the person who ...” It goes on to say some of what the truly happy person does not do, and then shifts to the positive, “But his delight is in the Law of the LORD, and in His Law he meditates both day and night” (verse 2). One important and essential aspect of living in, enjoying true happiness is to delight in God’s word.

The writer of Psalm 119 testified, “How I love Your Law! It is my meditation all the day” (verse 97), and “How sweet are Your words to my taste! Yes, sweeter than honey to my mouth” (verse 103).

But the question is, “Where is *your* delight?” Do you enjoy reading the Bible? Or is it something you know you should do but find it difficult, don’t find it enjoyable, and feel guilty about not doing it more, or at all?

Another question at this point is “Why is it important for me to read the Bible?” The list of reasons is long, but for now note three statements from Scripture.

- “All Scripture is inspired by God and beneficial for teaching, for rebuke, for correction, for training in righteousness; so that the man or woman of God may be fully capable, equipped for every good work” (2 Timothy 3:16-17).
- “the word of God is living and active, and sharper than any two-edged sword, even penetrating as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart” (Hebrews 4:12)
- It leads to being truly happy with many blessings including, as stated later here in Psalm 1, being “like a tree planted by streams of water, which yields its fruit in its season, and its leaf does not wither; and in whatever he does, he prospers” (verse 3).

That leads to the next question, “How can I come to delight in reading, meditating on and studying God’s word? Just two steps for now to get going.

- Begin by asking God to help you. The Psalm writer prayed, “Open my eyes, that I may behold wonderful things from Your Law” (119:18). Again, “Incline my heart to Your testimonies” (119:36). Make his prayer your prayer.
- Plan and start now. Procrastination is a freeway to defeat. You may have heard the old line from a procrastinator, “Why do today what you can put off until next week?” Make the Psalm writer’s testimony your resolve, “With all my heart I have sought You” (119:10), and “I will meditate on Your precepts and regard Your ways. I shall delight in Your statutes; I will not forget Your word” (119:15-16). Plan and start now.

Where is your delight? Make sure you are delighting in God’s word.

Pastor Lyle