

# DISCUSSION GUIDE

PSALM 37:4  
Stand-Alone Sermon

**ICEBREAKER:** What stresses you out?

**OVERVIEW:** Psalm 37:4 just might be the most exciting and encouraging verses in the Bible. It answers two huge questions. First, what is the key to success in life? Second, how can I know God's will for my life? The verse has a command and a reward; a condition and a promise. The command: "Take delight in the Lord." The reward: "He will give you your heart's desires." In this discussion we will go deeper in our understanding and application of this verse so that we can enjoy all the blessings that God has planned for us.

1. **Read Psalm 37:4.** What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. When you read Psalm 37:4, what is your immediate reaction? Explain.
3. To "take delight in the Lord" means to "take great pleasure in God." List the top five reasons that you take great pleasure in God.
4. Psalm 37:4 contains a command (condition) and a reward (promise). The command is to take delight in the Lord. The way we apply this to our daily lives is to love God with all your heart, soul, mind, and strength (see Mark 12:30). What does it mean to love God with all your...
  - Heart:
  - Soul:
  - Mind:
  - Strength:

5. The sermon mentioned 4 ways to love or take delight in the Lord. The first was to pursue a deep and intimate friendship with Him. On a scale of 1-10, how deep and intimate is your friendship with God? Explain. What can you do to take your friendship with God to the next level?
6. The second way to love or take delight in the Lord is to obey Him. On a scale of 1-10, how obedient is your relationship with God? What can you do to take your obedience to God to the next level? Name 3 big motivations for growing in obedience.
7. The third way to love or take delight in the Lord is to adore Him. How strong is your affection and adoration for God? Explain. How often do you express your affection and adoration for God to Him? How can you grow in showing God that you adore Him?
8. A fourth way to love or take delight in the Lord is to put Him first. By looking at your schedule, your finances, and the way you spend your time, is it clear that God is the most important thing in your life – that you treasure Him above everything and everyone else? Explain. What changes can you make to prioritize God above everything and everyone else?
9. How does Psalm 37:4 contain the key to discovering God's will for your life?
10. How does Psalm 37:4 contain the secret to success in life?

**The Last Word:** If you want to know God's will for your life, take delight in the Lord, and then follow your heart.