

Series: Standing on the Promises of God

THE DESIRES OF THINE HEART

PSALMS 31:1-6

Text: Psalms 37:4

Psalm 37:4

⁴ Delight thyself also in the LORD; and he shall give thee the desires of thine heart.

Introduction:

In these six verses we see five promises.

All of these promises are promises that we all desire and enjoy.

However, each of these promises have a condition attached to them.

Note:

1. FRET NOT THYSELF (VS. 1)

Psalms 37:1

¹ Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.

The Psalm opens with the first prerequisite.

It is too common for believers in their hours of adversity to think of themselves being harshly dealt with when they see persons utterly destitute of religion and honesty, rejoicing in abundant prosperity.

This command is much needed, *“Fret not thyself because of evildoers.”*

To fret is to worry, to become vexed.

Its natural and we’re apt to kindle a fire of jealousy when we see law-breakers, wicked, people living lives of ease, and the obedient struggling from day to day.

It’s only in the classroom of grace when one comes to view and understand that the Lord’s way and the Lord’s work is perfect and is righteous in all His acts.

Note the promise:

Psalm 37:2

² For they shall soon be cut down like the grass, and wither as the green herb.

Remember God will have the final say and because of that we should not fret.

Note the second prerequisite and promise:

2. TRUST IN THE LORD (VS. 3)

Psalms 37:3

³Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.

The cure for fretting is faith.

Faith cures fretting.

“And do good.”

True faith is actively obedient.

Doing “good” is a fine remedy for fretting.

There is a joy in holy activity which drives away the rust of discontent.

The promise is a great blessing.

Note:

“So shalt thou dwell in the land.”

In “the land” which floweth with milk and honey in the land of content and rest.

The third prerequisite and promise is found in verse 4.

3. DELIGHT THYSELF ALSO IN THE LORD (VS. 4)

Psalms 37:4

⁴ Delight thyself also in the LORD; and he shall give thee the desires of thine heart.

Notice in the third prerequisite and promise.

He who was first instructed not to fret, was then commanded to actively trust, and now is told to delight in God.

“Delight thyself also in the Lord.”

Bad men delight in carnal objects and activities.

We are not to envy them even if they're allowed their fill of vain idols; we are to look to the better delight, and fill ourselves with this better portion.

As we delight in Him; He gives us the desires of our heart.

Every name, attribute, word, or deed of God, should be delightful to us.

“And he shall give thee the desires of thine heart.”

Many have misused this promise.

Remember:

Men who delight in God desire; or ask for nothing but for what will please God.

The Saviour serves as our example:

John 8:28-29

²⁸ Then said Jesus unto them, When ye have lifted up the Son of man, then shall ye know that I am he, and that I do nothing of myself; but as my Father hath taught me, I speak these things. ²⁹ And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him.

Note the forth prerequisite and promise.

4. COMMIT THY WAY UNTO THE LORD (VS. 5)

Psalms 37:5

⁵ Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.

“Commit thy way unto the Lord.”

While the wicked seem to prosper, the righteous also have a promise for help in this life.

We are told to "commit" our way unto the Lord.

The word "commit" is an interesting one. It means "to roll onto".

The idea is that instead of worrying and fretting, the righteous man should learn to cast his burdens on the Lord and trust Him to take care of matters in His way and at His time.

This is an idea that is repeated throughout the Bible

Roll the whole burden of life upon the Lord.

"Trust also in him; and he shall bring it to pass."

That which often causes us to fret when rolled onto the Lord we are promised shall come to pass.

They are also promised in verse 6:

Psalm 37:6

⁶ And he shall bring forth thy righteousness as the light, and thy judgment as the noonday.

In the matter of personal reputation we may especially be content to be quiet, and leave our vindication with the Judge of all the earth.

Our strength is to sit still.

The Lord will clear the slandered.

If we look to his honor, he will see to ours.

It is wonderful how, when faith learns to endure slander and defamation with composure, the filth does not defile.

Even in the worst circumstances, where a good name is briefly darkened, God clear it like the dawning light, which shall increase until the man once reviled shall be respected. "And thy judgment as the noonday."

No shade of reproach shall remain.

Close:

Someone once said concerning these verses"

Shame on our faithlessness, mistrust, and vile unbelief, that we do not believe such rich, powerful consolatory, declarations of God, and take up so readily with little grounds of offence, whenever we but hear the wicked speeches of the ungodly.

Help, O God, that we may once attain to right faith

“Thy way, not mine, O Lord,
 However dark it be;
O lead me by thine own right hand,
 Choose out the path for me.

Smooth let it be or rough,
 It will be still the best;
Winding or straight, it matters not,
 It leads me to thy rest.
I dare not choose my lot,
 I would not if I might;
But choose Thou for me, O my God.
 So shall I walk aright.

Take thou my cup, and it
 With joy or sorrow fill;
As ever best to thee may seem.
 Choose thou my good and ill.”