

Sermon Summary

“Delight: Learning to Trust God More”

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This sermon introduces the spiritual theme of *delight* as both the 2026 vision emphasis and the foundation for a 21-day devotional journey through Psalm 37. Pastor Hudson teaches that delighting in the Lord is not passive emotion but an intentional, practiced orientation of life that results in deeper trust in God and fulfilled desires aligned with His will.

Foundational Scriptures

Psalm 37:3–5, *Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. 4 Delight yourself also in the Lord, And He shall give you the desires of your heart. 5 Commit your way to the Lord, Trust also in Him, And He shall bring it to pass.*

Psalm 90:12 – *“Teach us to number our days, that we may gain a heart of wisdom.”*

These texts frame the message by connecting *trust, delight, wisdom, and stewardship of life.*

Numbering Our Days: Wisdom Through Awareness

Psalm 90:12 teaches that life has limits, and those limits are a gift. Recognizing limitation brings clarity and focus, helping believers invest energy in what truly matters.

Key insights:

Limitation is not negative: It helps eliminate distractions and refocus purpose.

Time is a stewardship: Time is non-renewable; once spent, it cannot be reclaimed.

Wisdom values quality over quantity: As maturity grows, the goal shifts from “trying everything” to living intentionally.

Awareness matters: Living “awake” to God’s activity helps believers avoid taking people, opportunities, or blessings for granted.

What Delight Really Means

Delight is a simple word with profound spiritual significance.

Delight reflects three things:

Desire – what you want

Disposition – your attitude and emotional posture

Direction – where your life is headed

Biblically, *delight* means **to bend, incline, or shape**. What a person delights in is what they are ultimately bent toward. Over time, delight forms character, priorities, and spiritual posture.

If someone dislikes what they see in their desires or direction, God’s grace allows for intentional change.

The Power of Choice and Obedience

God leads, but believers still choose. Personal power lies in decision-making aligned with God’s will.

Psalm 37 outlines repeated actions:

Trust (in the Lord), **Do** (good), **Dwell** (in the land), **Feed** (on His faithfulness), **Delight** (yourself in the Lord), **Commit** (Your way to the Lord), **Trust** (in Him)

These are not one-time acts but repeated behaviors that *train the heart*.

[WATCH VIDEO]

Parable of Spiritual Formation: Learning Changes the Brain

Using a scientific illustration of learning (neural pathways and muscle memory), Pastor Hudson explains that:

Repetition creates pathways.

Practice strengthens habits.

What becomes “second nature” is the result of sustained discipline.

Spiritually, obedience works the same way. Prayer, worship, generosity, faithfulness, and trust are learned behaviors that shape a believer’s inner life over time.

Christian growth is not transactional (“pray once and move on”) but relational and transformational.

Delight Can Shape Us for Good—or Harm

Just as hearts can be shaped toward God, they can also be trained toward foolishness.

Proverbs 1:22, *“How long, you simple ones, will you love simplicity? For scorers delight in their scorning, And fools hate knowledge.”*

Culture often reinforces habits that produce spiritual immaturity.

The key question becomes: “How am I bent?”

What a person practices repeatedly eventually defines their nature.

Do Not Glory in Gifts—Glory in Knowing God

Jeremiah 9:23–24 warns against placing confidence in wisdom, strength, or wealth.

Important truths:

Blessings can become burdens if they replace trust in God.

Success without spiritual grounding leads to misplaced confidence.

True delight is found in *understanding and knowing the Lord*.

Trusting God more requires trusting things less.

God Delights in His People

David’s testimony in **2 Samuel 22:19** shows that God delivered him *because He delighted in him*. Looking back over hardship reveals God’s faithful support and deliverance into “broad places” of freedom.

This echoes the old gospel lyric:

“I look back and wonder how I got over.”

God brings His people through—not because of perfection, but because of faithful relationship.

Seeking the Kingdom Is a Continual Practice

Jesus taught that seeking the Kingdom is ongoing, not occasional. Delight requires consistent alignment, shaping believers so God can bless them without the blessing overwhelming them.

Matthew 6:33, *But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

God: Shapes before He gives, Trains before He entrusts, Aligns before He expands

Blessings are meant to be enjoyed *and shared*, not idolized.

God's Pleasure Is to Give

Luke 12:31, *But seek [delight in] the kingdom of God, and all these things shall be added to you.*

32 *"Do not fear, little flock, for it is your Father's good pleasure [delight] to give you the kingdom.*

There is:

- No begging

- No striving

- No manipulation

When hearts are aligned, desires become pure, motives mature, and requests reflect God's will.

The Promise of Alignment

Isaiah 58:14 declares that those who delight in the Lord will:

- Ride on the "high places" of God's purpose

- Walk in freedom

- Live unrestrained in God's will

This is not about fame or excess, but about living fully in God's intended design.

Conclusion

Delight is learned. Trust is cultivated. Faithfulness forms pathways in the heart.

As believers are trained, shaped, and bent toward God:

- Trust deepens

- Desires align

- Blessings become sustainable

- Life reflects God's purpose

The prayer of the sermon:

"Lord, train me, shape me, and bend me into a form that pleases You. I am learning to trust You more."