

# e delight

## ***“Learning to Trust God More”***

*But let him who glories glory in this, That he understands and knows Me,  
That I am the Lord, exercising lovingkindness, judgment, and  
righteousness in the earth. For in these I delight,” says the Lord.    Jeremiah 9:24*

PASTOR BRYAN HUDSON, DMin



**Vision for 2026**  
*“Delight in the Lord,  
Desires of the Heart Fulfilled”*

**Psalms 37:4,** *Delight yourself also in the Lord,  
And He shall give you the desires of your heart.*



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*21-DAY Firm Foundation Devotional*

LEARNING TO  
TRUST GOD MORE

*Growing In Grace Through Psalms 37*

February 4-25, 2026 | LESSON EACH DAY AT 5:30am EST  
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## Psalm 37:3

*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

*So teach us to number our days,  
that we may gain a heart of  
wisdom.*

## Insights from Psalm 90:12

- Recognize life's limits. There is a "gift" in limitation because it helps you focus on the things you should focus on.
- Live with awareness. Don't take time, opportunity, or people for granted.

## Insights from Psalm 90:12

- Time as stewardship. Because time is a non-renewable resource, you must use time wisely.
- “Number our days” is not about quantity of our days, but the quality of our days.

**Delight** is a simple word with profound significance.

This word is profound because delight reflects our desire, disposition, and direction.

# Delight definition:

- Take pleasure in
- Incline towards
- ***TO BEND***

**The key promise in our text is:**

*“Delight yourself also in the Lord, And  
He shall give you the desires of your  
heart.”*

# Trained / Shaped / Bent



**Our desires and thoughts are trained/  
shaped/bent by our obedience to God.**

Psalm 37:3-5:

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)

## The heart can become trained/shaped/ bent towards unhealthy delights:

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

Proverbs 18:2, *A fool has no delight in understanding, But in expressing his own heart.*



# How Are You Bent?

# Shaped & Bent for God

Jeremiah 9:23

*Thus says the Lord: “Let not the wise man glory in his wisdom, Let not the mighty man glory in his might, Nor let the rich man glory in his riches;*

# Shaped & Bent for God

Jeremiah 9:24

*But let him who glories glory in this, That he understands and knows Me, That I am the Lord, exercising lovingkindness, judgment, and righteousness in the earth. For in these I delight,” says the Lord.*

# What Delights the Lord?

2 Samuel 22:19

*They confronted me in the day of my calamity,  
But the Lord was my support. 20 He also  
brought me out into a broad place; He  
delivered me because He delighted in me.*

# God Wants You to “Get Over!”

Jesus implied the principle of delight:

**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.**

Psalms 37:5 states:

*“He shall bring **it** to pass.”*

**What is “It?”**

“It” is whatever you need or want that is consistent with the will of God.

# He shall bring **IT** to pass!

Isaiah 58:14, *“Then you shall delight yourself in the Lord; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the Lord has spoken.”*



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