

THE DESIRES OF YOUR HEART

(Psa 37:4 KJV) Delight thyself also in the LORD; and he shall give thee the desires of thine heart. (Psa 37:5 KJV) Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.

1. WHAT DO WE DESIRE IN THIS LIFE?

1. ***Joy, peace, happiness.***
2. ***Freedom.***
3. ***Contentment.***
4. ***Good health.***
5. ***Prosperity.***

2. WHAT MANY ARE EXPERIENCING.

1. ***Instead of joy, peace, and happiness, sadness, depression, turmoil, warrings, strife.***
2. ***Instead of freedom, bondage.***
3. ***Instead of contentment, discontentment, dissatisfaction, and greed.***
4. ***Instead of good health, sickness and broken health.***
5. ***Instead of prosperity, indebtedness and financial bondage.***
6. ***There is a spirit of heaviness and cloud of darkness that hovers over the land.***
7. ***Modern predicament.***
 1. People who are stressed, distressed, and perplexed.
 2. People without any real hope.
 3. Mental disorders and breakdowns.
 4. Drugs running rampant.
8. ***Why do people turn to drugs?***
 1. To alter their minds and personality because they are not satisfied with who they are; because they are not able to face up to and deal with life.
 2. To enhance self-esteem; sense of confidence; help to deal with uncertainties of life.
 3. If you know who you are you don't need any artificial enhancements.
9. ***But drugs represent a dead-end road.***
 1. Destroys mind, body--ultimately, soul.
 2. Leads to life of unproductivity.
 3. If work and never have anything, either drugs or lottery.
10. ***Prevalence of suicide and depression.***

3. GOD WILL GIVE US THE DESIRE OF OUR HEART. (Psa 37:4 KJV) Delight thyself also in the LORD; and he shall give thee the desires of thine heart. (Psa 37:5 KJV) Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.

4. GOD'S OFFER OF JOY, PEACE, AND HAPPINESS.

1. ***Not so much what happens--what your attitude is.***

1. Rejoice in tribulation.
 2. Yet I will rejoice. (Hab 3:17 KJV) Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: (Hab 3:18 KJV) Yet I will rejoice in the LORD, I will joy in the God of my salvation.
 3. Rejoice in the Lord always.
 4. Singing in prison (Paul and Silas).
 5. Sleeping in a den of lions (Daniel).
 6. In the presence of your enemies, pull up a chair. (Psa 23:5 KJV) Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.
2. **Joy.**
 1. Righteousness, peace, and joy in the Holy Ghost.
 2. With joy draw from wells of salvation.
 3. **Peace.**
 1. My peace I give unto you--not as the world gives.
 2. He will keep him in perfect peace whose mind is stayed on the Lord.
 3. The mind is the key.
 4. **Happiness--is knowing Jesus!**
5. FREEDOM.
 1. **Freedom from worry and fear.**
 1. Be careful for nothing. (Phil 4:6 KJV) Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.
 2. In everything give thanks.
 3. Take no thought.
 2. **Where the Spirit of the Lord is, there is liberty.**
 1. Liberty is freedom from bondage.
 2. Whom the son sets free is free indeed.
 3. **Will never experience true liberty until experience liberty in Christ.**
 1. Not freedom to do as we please.
 2. Not following the dictates of the flesh; basic animalistic nature, carnality, and flesh.
 1. Not giving in to the whims and cries of the flesh.
 2. Must learn true discipline or discipleship.
 4. **Freedom to:**
 1. Face your adversary without backing down.
 2. Face your friends without any sense of remorse or guilt.
 3. Face God without condemnation.
 5. **What bondage when you continue to run!**
 1. Can't run from problems and difficulties.
 2. Quote from None of These Diseases by S. I. McMillen: pp. 73-74
The moment I start hating a man, I become his slave. I can't enjoy my work any more

because he even controls my thoughts. My resentments produce too many stress hormones in my body and I become fatigued after only a few hours of work. The work I formerly enjoyed is now drudgery. Even vacations cease to give me pleasure. It may be a luxurious car that I drive along a lake fringed with the autumnal beauty of maple, oak and birch. As far as my experience of pleasure is concerned, I might as well be driving a wagon in mud and rain.

The man I hate hounds me wherever I go. I can't escape his tyrannical grasp on my mind.

When the waiter serves me porterhouse steak with French fries, asparagus, crisp salad, and strawberry shortcake smothered with ice cream, it might as well be stale bread and water. My teeth chew the food and I swallow it, but the man I hate will not permit me to enjoy it.

King Solomon must have had a similar experience, for he wrote: "Better a dish of vegetables, with love, than the best beef served with hatred."

The man I hate may be many miles from my bedroom; but more cruel than any slave driver, he whips my thoughts into such a frenzy that my innerspring mattress becomes a rack of torture. The lowliest of the serfs can sleep, but not I. I really must acknowledge the fact that I am a slave to every man on whom I pour the vials of my wrath.

3. Accepting responsibility.
4. Cannot continue to blame others for your problems.
5. You can't run from yourself.
6. ***Freedom from fear.***
 1. Whom shall I be afraid?
 2. Fear of failure and rejection. That's the reason we don't take risk.
 1. Stepping out on the promises of God.
 2. What do you have to lose?
 3. Fear of the future.

6. GOD'S OFFER OF CONTENTMENT.

1. ***Contentment.***
 1. (Heb 13:5 KJV) Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.
 2. (Phil 4:11 KJV) Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.
2. ***Satisfaction.*** (Psa 103:5 KJV) Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.
3. ***Being in God's will is content (happiness and satisfaction).***
 1. (1 Tim 6:6 KJV) But godliness with contentment is great gain.
 2. Busy about Father's business.
 3. My meat is do the will of Him who sent me.
 4. Only what is done for Christ will last.
 5. Doing something worthwhile.
 6. Making a difference in the world.
 1. Is the world a better place because of you?
 2. Have you enriched anyone's life?

3. If you were gone, would anyone notice?
 4. Making this world (city, community) a better place.
4. ***Laying hold of eternal life.***
 1. (1 Tim 6:19 KJV) Laying up in store for themselves a good foundation against the time to come, that they may lay hold on eternal life.
 2. Laying up treasures. (Mat 6:19 KJV) Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: (Mat 6:20 KJV) But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:
 5. ***Labor not for meat that perishes.*** (John 6:27 KJV) Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.
7. **GOD'S OFFER OF GOOD HEALTH.**
 1. ***God will restore our health.*** (Jer 30:17 KJV) For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after.
 2. ***Trust in the Lord.*** (Prov 3:5 KJV) Trust in the LORD with all thine heart; and lean not unto thine own understanding. (Prov 3:6 KJV) In all thy ways acknowledge him, and he shall direct thy paths. (Prov 3:7 KJV) Be not wise in thine own eyes: fear the LORD, and depart from evil. (Prov 3:8 KJV) It shall be health to thy navel, and marrow to thy bones.
 3. ***God's Word.*** (Prov 4:20 KJV) My son, attend to my words; incline thine ear unto my sayings. (Prov 4:21 KJV) Let them not depart from thine eyes; keep them in the midst of thine heart. (Prov 4:22 KJV) For they are life unto those that find them, and health to all their flesh.
 4. ***Proper words.***
 1. (Prov 4:23 KJV) Keep thy heart with all diligence; for out of it are the issues of life.
 2. (Prov 16:24 KJV) Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.
 5. ***Again, attitude is all important.***
 1. More important than proper diet (taking care of the body).
 2. Not so much what you eat as what is eating you.
 3. Improper attitude represents stress.
 8. **GOD'S OFFER OF PROSPERITY.**
 1. (3 John 1:2 KJV) Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.
 2. (Josh 1:7 KJV) Only be thou strong and very courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper

whithersoever thou goest.

3. (Josh 1:8 KJV) This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

9. THE KEY.

1. *Trust the Lord.*
2. *Serve the Lord.*
3. *Obey the Lord.*
4. *Put God first in your life.*