



## Sermon Notes: The Desires of Your Heart

### 1. A Problem.

Don't ...

Why not?

### 2. A Solution.

a. Trust in the LORD.

b. Wait on the LORD.

c. Delight in the LORD.

### 3. A Reward.

What does this have to do with Jesus and the Gospel?

How do we get there?

1. Accept that Christ is your greatest possible delight.

2. Retrain your appetites.

3. Pause to delight regularly.



## Gospel Applications: The Desires of Your Heart

1. When/where/how have you heard Psalm 37:4 used before?
2. Forgetting the sermon you just heard on this for a moment, how have you understood/applied this verse in the past? [If you hadn't heard it before, how do you think you would've understood/applied it on your own?]
3. What are some reasons you get worked up over "evildoers"? What causes you to be angry or frustrated with them? What causes you to be envious?
4. What are some of your longstanding, obsessive desires? What do you want so badly it sometimes leads to over-desires and other sins like envy?
5. What are some ways people treat God like a vending machine? What are some ways you do this?
6. What are some things you delight in? What do you seek your satisfaction, pleasure, and joy in? What do you pursue happiness in/through?
7. How could the things you listed under #6 potentially enslave or corrupt you? What negative things could they produce in your life?
8. What are some differences between delighting in the Lord and desiring from the Lord? What does each posture prioritize?
9. What are some things about God that you can stop and delight in right now?
10. What are some practical ways you could retrain your appetites so that Christ becomes your greatest pursuit, your greatest delight?
11. What's one specific way you'll seek to change or grow in response to this message?