



## Delight - Part 2 - "The Speed of Delight"

### Proverbs 4:23

*Above all else, guard your heart, for everything you do flows from it.*

### Matthew 6:22-23

*The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness.*

### Proverbs 13:12

*Hope deferred makes a heart sick, but a desire fulfilled is a tree of life.*

### Psalms 34:8

*O taste and see that the Lord is good...*

### Romans 11:32-33

*For God has consigned all to disobedience, that he may have mercy on all. Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!*

### Psalms 119:34-38 NASB

*Give me understanding, that I may observe Your law and keep it with all my heart.  
Make me walk in the path of Your commandments, for I delight in it.  
Incline my heart to Your testimonies and not to dishonest gain.  
Turn away my eyes from looking at vanity, and revive me in Your ways.  
Establish Your word to Your servant, as that which produces reverence for You.*

### Key Points

- An encounter is a collision that gets your attention.
- What catches our attention will capture our hearts. What we treasure drives our pursuits.
- Expression is fleshed out in our attitudes and actions.
- Deeper desires and redeemed affections require more than just a passing gaze or being enticed; we must learn how to remain, seek, and see.
- We need God's Spirit to access and recalibrate our hearts and reawaken us to desires that have faded or gone unnoticed.
- Our eyes aren't lighting the world around us, but rather the life within us, so we must pay attention to what we pay attention to.

## **READ**

*Open your time together by reading the scripture passages on Page 1. Then, take a moment to consider what you just read:*

- *Read Proverbs 4:23 and Matthew 6:22-23. How do we protect our hearts by paying attention to what captures our eyes?*
- *Read Proverbs 13:12. How can wanting the wrong things send us on an endless loop of discontentment?*
- *Read Psalm 34:8 and Romans 11:32-33. What does it mean that delighting in the Lord is a discipline and habit?*
- *Read Psalm 119:34-38. What are some prayers the author utters in this passage? What is he asking of the Lord?*

## **REFLECT**

- *Do you believe that your desires and affections can be shaped or are they fixed? What makes you answer in the way that you do?*
- *How does the speed and ease of what gets your attention impact your affections?*

## **RESPOND**

- *How would you describe the expression of your life right now and how does this expression speak to what you've given your attention to?*
- *Where does a recalibration and reawakening need to take place inside your heart? Why did that place come to mind?*

## **PRAY**

*Close your time together with prayer requests. Ask how you can pray, support, and lift one another up. Pray over these requests either collectively or by breaking up into prayer partners.*