

# Delight in the Lord - Study 2

## Count to 10 Before You Act

Psalm 27:4

The one thing I ask of the Lord—  
the thing I seek most—  
is to live in the house of the Lord all the days of my life,  
delighting in the Lord's perfections  
and meditating in his Temple

Psalms 1:1-3 (NLT)

1 Oh, the joys of those who do not follow the advice of the wicked,  
or stand around with sinners, or join in with mockers.

2 But they delight in the law of the Lord, meditating on it day and night.

3 They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.

Do you meditate on the law of the Lord day and night?

Do you let it soak in to your life?

How can you allow the word of God to effect the way you live?

To count to 10 is not trying to ignore the problem but to see the problem from a different place. We need to be able to see our problems through our Father's eyes.

How do we get to a place where we respond in the way our Father responds?

## To Delight in the Lord is to be led by the Holy Spirit not the flesh.

Galatians 5:16-26 (Passion Translation)

- When you are counting to 10 you are choosing to follow the lead of the Holy Spirit.
- It is our job to yield freely and fully. Not because we are under pressure but because we choose to freely.
- Abandon the cravings of your self life. You don't place them carefully away for later reference in case you need to come back to them.
- The battle between the self life of the flesh and the new creation life of the Spirit.
  - Where do you spend your days and nights?
  - Which of these two do you identify most often with?
- The fruit of the flesh
  - Does God satisfy your every need or are you still chasing after things for satisfaction or security?
- During the sermon I commented the fact that we can decide to try and do it God's way because we don't want to get the consequences of doing it our way. This may have worked to get you on the right track but do you still live your life like you have a gun behind your head?
- The fruit of the Spirit
  - This is my new creation fruit because I am one with God.
  - I am not responsible to generate this the Holy Spirit produces this in me as I am submitted to Him.
- Is the Lord a man with a big stick with a standard you can never reach?
- The cross is where our self life was put to death.
- Now we make the choice of how we identify ourselves and from what place we live in. This scripture makes it clear that the flesh still tries to get a hold on us but actually we are a new creation and the flesh has been crucified with Christ.

## To Delight in the Lord is to know who you are.

2 Corinthians 5:14-21

- When you are counting to 10 you are reminding yourself of who you are!
- If you do not know who you are you will act out of something that you are not. The flesh will try and get a hold it is forceful. If you haven't been clear on who you are you have habits of responding out of the flesh.
- The renewing of the mind can be a process that helps you overcome the habits of the past.

## The words of Jesus are spirit - have His words direct your every step.

John 6:63

- Jesus' words are spirit.

Matthew 7:21-29

- Build Your Life on Jesus' Teachings
- His teaching will renew your mind.

## Learn to Listen to the Holy Spirit and Follow His Lead

James 1:16-25

- God gave birth to us by giving us His true word. The Word is our source. When we meditate on God's word it is like eating.
- Humbly accept the Word God has planted in your heart.
- Allow God's word to speak to you and show you what God has done in you.
- Don't just listen God's word but do what it says. When you become obedient to God you experience Him.

## In Summary

- God has planted His word in our Hearts.
- God has given us His Spirit to be one with us.
- We must choose to be obedient.
- Give yourself time to choose correctly.
- Forgive yourself and give yourself a chance to choose God's way.
- Be merciful on yourself and allow the Holy Spirit to produce His fruit in you.