

# PSALMS OF HOPE

@BromleyBaptistChurch

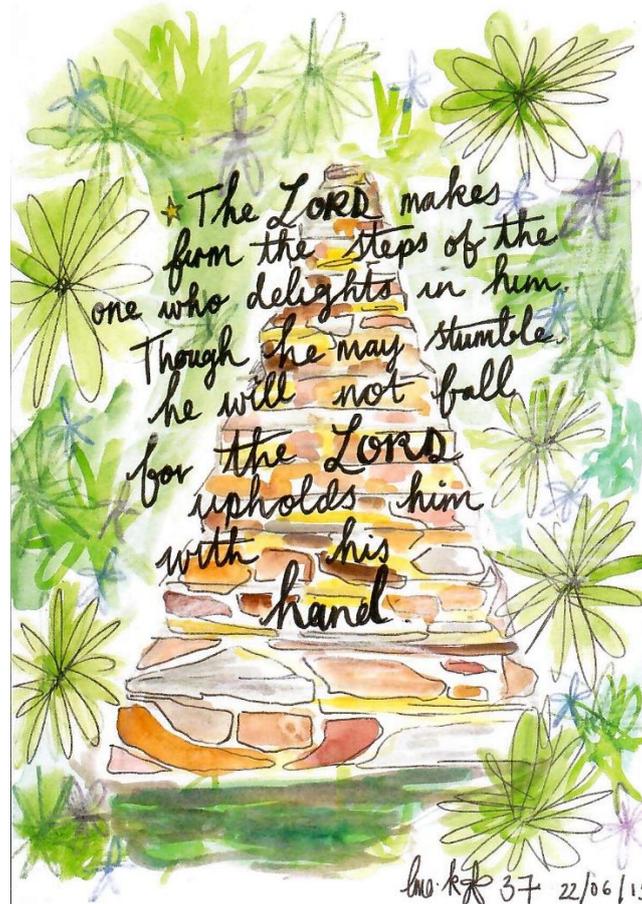


## Bromley Baptist Church's 2021 Lent Programme

Friday 19<sup>th</sup> February

Reflection #3

### Who knows best?



#### Pray:

Lord, let everything I do in this season of Lent come from you, be inspired by you. I long to be closer to you. I long to receive the hope that you offer. Help me to remember that nothing is more important than you in my life. Help me to rely on you for help. I want to walk in your footsteps, Jesus. I confess that I have often felt I knew better and ignored your presence. Heal me, Lord, and help me to find you in the darkness of my life. Let me reach out and feel your hand and love there to guide me. Speak to me in this moment, Lord God. **Amen.**

## Introduction:

I love Angel Delight! It's simple, tastes great and is low in sugar if you pick the right pack. My favourite flavour is banana but sometimes it's vanilla. One day we had to make dessert for a special occasion. I should say that this was a while back, it was BC (Before Children not Before Christ!). We made a massive Angel Delight trifle – chocolate Swiss Roll covered in chocolate Angel Delight, then slices of banana and then banana Angel Delight. Then repeat the layers minus the cake and top it with some vanilla Angel Delight and chocolate flake bits. That's 11 packets of Angel Delight! It was huge, and I ate lots, it was so good! It was the best pudding ever, and I ate a lot. My mum would have said that's going to come out of your ears! The next day I came home to find my wife and a friend sat on the floor tucking into the leftovers – I could not face another bite! Sometimes although things look really good, we can have too much.



## Read:

### Psalm 37:4-6 (NASB)

<sup>4</sup> Delight yourself in the LORD;

And he will give you the desires of your heart.

<sup>5</sup> Commit your way to the LORD,

Trust also in him, and He will do it.

<sup>6</sup> He will bring forth your righteousness as the light

And your judgment as the noonday.

### Psalm 35:9-10 (NIV)

<sup>9</sup> Then my soul will rejoice in the Lord  
and delight in his salvation.

<sup>10</sup> My whole being will exclaim,  
'Who is like you, Lord?

You rescue the poor from those too strong for  
them,  
the poor and needy from those who rob them.'

### Psalm 34:1-3 (MSG)

<sup>1</sup> I bless GOD every chance I get;  
my lungs expand with his praise.

<sup>2</sup> I live and breathe GOD;  
if things aren't going well, hear this and be happy:

<sup>3</sup> Join me in spreading the news;  
together let's get the word out

## Consider:

There are churches that believe that if you ask God for something and have enough faith, then you get it. This first Psalm is often quoted as part of that theology – it is a nonsense of a theology which unfortunately you will hear too often preached. These verses do not mean that God gives Christians all that they desire – if that were true then in our consumer society every church would be full.

These Psalms encourage us to delight in the Lord, to rejoice in the Lord and to expand our lungs with his praise! Then the verse makes sense because if we are that in tune with God, then the desires of our heart are actually God's desires. It is the truth however that delight and joy have become distant memories and unfamiliar attitudes for many of us who have lost a sense of confidence in knowing what it means to fully trust the Lord. Can you trust God's delight to be your heart's desire?

God has no limitations when he promises to give us the desires of our heart. He knows what is best for us and what will bring us the greatest joy in life. The question we have to answer is whether we are willing to trust him, to allow his delight to become our heart's desire?

## Pray:

Ask God to help you trust him more. Thank God for all that he has given you – when you start bringing that list before God it will grow...

## Try it out:

Today, take out a little time to breath! As you think about breathing expand your spiritual lungs with praise and blow out the rubbish, the lies that have found room in your heart. God wants you to know you are loved, that you are amazing and that you are of great value.