



# Life Principles Notes

Practical Lessons for Understanding the Word of God

## OUR HEART'S DESIRES

**KEY PASSAGE:** Psalm 37:1-8 | **SUPPORTING SCRIPTURE:** Joshua 1:8 | Isaiah 40:31 | Proverbs 3:5-6  
Matthew 7:7 | John 14:6 | Romans 8:28; 32 | Philippians 4:19 | 1 Timothy 2:4; 6:9 | Titus 2:11-12  
1 John 1:9; 3:21-22; 5:14-15 | Hebrews 4:16; 13:5 | 2 Peter 2:9-10; 18

### SUMMARY:

#### The ability to desire comes from God.

Our Creator designed us with the capacity to dream and plan. Desires motivate us to achieve and accomplish objectives. They inspire us to continue pressing towards our goals in spite of adversity. Imagine how dull life would be if you and I had no passion.

The Bible instructs us in how to handle our desires in a way that pleases God. Psalm 37:4 says, "Delight yourself in the Lord, and He will give you the desires of your heart." We can't expect God to deliver whatever we want, whenever we want it. The requirement given in this verse is that the Lord should be first in our hearts. And only when our dreams are part of the Father's purpose and plan for our lives does He promise to fulfill them.

### SCRIPTURAL PRINCIPLES:

#### Our desires reveal who we are in the following areas:

- **Character**—A person with immoral desires lacks integrity. Dishonest individuals want to take advantage of others by deceiving or controlling them. Godly people will want what is righteous.
- **Self-esteem**—Many people don't feel worthy of asking the Lord for their heart's desires. But God wants us to approach His throne with boldness and confidence (Heb. 4:16).
- **Direction in life**—Knowing our dreams gives us focus.
- **Purpose in life**—Desires reveal what someone hopes to accomplish.

■ **Thinking**—Our conversation reveals to others what we're thinking, and those thoughts express our desires.

■ **Knowledge of God**—A person's aspirations expose the state of his or her relationship with the Lord. Walking with Jesus changes our focus and outlook.

#### The Father warns us against wrong desires.

The capacity to dream is from the Lord, but our wishes must be submitted to the Holy Spirit. We should allow God to direct our desires—and change them if necessary. Sinful passions lead to emptiness, pain, suffering, and disappointment. They can result in devastation and even death. Wrong desires can be:

- **Harmful**—Some desires, such as an obsession with becoming wealthy, can destroy a person (1 Tim. 6:9).
- **Worldly**—Believers are called to deny worldly passions and ungodliness (Titus 2:11-12).
- **Corrupt**—Humans naturally have sinful desires (2 Peter 2:10). Only by submitting to the Holy Spirit can we live righteously.
- **Fleshly**—Second Peter 2:18 warns us against fleshly, sensuous lusts.

#### What are the requirements for obtaining our heart's desires?

■ **Delight yourselves in the Lord** (Psalm 37:4). Most people know what it's like to be in the presence of someone they love dearly. Christians should rejoice in God the same way. That joy should result in a desire to walk in obedience.

Those who frequently resist the Father's guidance are not delighting in Him. The Lord must be first in our lives before we can claim the promise in Psalm 37:4.

■ **Commit your way to the Lord** (v. 5). Allow God to change any aspect of your dream that is not His will. Be willing to lay it down if He asks. Do not make the mistake of demanding something from the Father and expecting it in your timing. You will feel profoundly disappointed when the Lord doesn't respond to your petition. You may even begin to question your faith. Instead, simply present your requests to the Lord. Then be willing for Him to respond any way He chooses. Remember that when God doesn't answer a prayer as you wished, He has something better in store.

■ **Trust in Him** (v. 5). One of the reasons we fail to commit our desires to the Lord is that we don't have confidence that He has our best interests at heart. But Romans 8:32 says, "[God] . . . did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things?" The Father is merciful, kind, and generous. He understands our personalities, skills, and hidden longings. The Lord also knows what the future holds. You and I can trust Him with our hopes and dreams.

■ **Rest in Him** (v. 7). If we truly depend on God, we aren't going to fret about whether or not He will fulfill our desires. If we aren't resting in Him, we may constantly worry or complain about unanswered prayer. Or we might make the terrible mistake of trying to accomplish our goals apart from Him. Resting in the Lord means we trust Him to answer prayers in His timing or transform our dreams so they conform to His will.

■ **Wait patiently for God** (v. 7). At times it can seem as if God blesses ungodly people and lets believers suffer. But Psalm 37:7 says, "Do not fret because of him who prospers in his way, because of the man who carries out wicked schemes." Waiting is one of the key principles of the Christian life. For three decades, Jesus lived a quiet life in relative obscurity. Our Lord spent only three years in ministry, yet His life made the most profound impact on human history. He knew the value of waiting on the Father's perfect timing.

## What happens when desires are never fulfilled?

Often, the Father knows that what we've asked is not what we truly want. If He doesn't respond to your prayers, ask Him to make your desires conform to His will. Whatever you do, don't decide to get what you want—no matter what. You will pay a high price for rebelling against the Lord.

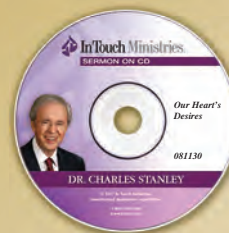
## God understands honest mistakes.

Some decisions are obviously wrong. Others are more difficult to discern. Sometimes we misinterpret the Spirit's guidance or receive bad advice from a friend. The good news is that the Lord looks at the heart. He may allow us to experience the consequences of a poor choice, but the Father won't shame us for an honest mistake. He can even turn that situation around for good (Rom. 8:28).

## CONCLUSION:

Your desires are an important part of your Christian walk. Godly dreams motivate you to fulfill the Father's plans for you. They encourage you to press on toward your goals, despite hardships. But worldly lusts will hinder you spiritually. They disrupt your fellowship with God and hamper your ministry.

I urge you to evaluate the desires that inspire you. My prayer is that they will align with the Lord's purpose and plan for you. He longs to give His children abundant blessings and fullness of joy. So allow your dreams to be conformed to the Lord's will, and follow His guidance faithfully. If you do that, I promise that you will experience God's best for your life. ✨



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