Taken from the Why not Run? Workshop workbook
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## Psalm 37:4

MEDITATE ON PSALM 37:4

Write out the Verse.
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$\qquad$

## What is the definition of delight?

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$\qquad$

What is the definition of desire?

## What does it look like to delight in God?

Do you delight in God? Explain how you know the answer.
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$\qquad$

How could you delight in God more?
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What does this verse say about God's character?
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How do you know that God will keep His part of this verse? Give an example from your life or scripture that proves your point.
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Write down Psalm 37:5. What does commit mean? What does trust mean?
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$\qquad$
$\qquad$
$\qquad$

Commit - $\qquad$

Trust - $\qquad$

Looking at verse $4 \& 5$, what is your part of the promise of this passage?

1. $\qquad$
2. $\qquad$
3. $\qquad$

What is God's part of this promise?
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$\qquad$
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Take some time to write out a prayer in response to these verses. Share your heart with God. Share your desires with Him. Ask Him how you can delight in Him, trust Him, and commit your way unto Him.

