

## Week 8 Day 7 | *Promises in the Bible: Desires of Your Heart*

For a lot of people, certain things seem to come so naturally. Maybe these individuals are inherently charismatic, outgoing, and great with people. You, on the other hand, shy away from a crowd and have trouble connecting. Others might have the knack for knowing exactly what to do in a crisis situation. For you though, whether the incident is physical, spiritual, or emotional, you're more of a deer frozen in headlights. Do you have a close friend who is strong and decisive, able to make the right decision without hesitating? Not you. You fall victim to paralysis by analysis, debating for 30 minutes which shoes to wear with which dress or which plaid shirt to match with your jeans.

In instances like these, the temptation is to wish we were more like our friends. This results in praying that God would make us more like them or give us their personality traits.

We even cite Scripture to back up our appeals:

*"Delight yourself in the LORD, and he will give you the desires of your heart."—Psalm 37:4 (ESV)*

The first problem with this is you're glossing over the fact that there's only one of you. In the entire history of this earth, there will ever only be one of you. That's it. No more.

He made you "you" for a reason. He has a plan for your personality. If you're busy wishing you were more like someone else, you're presuming you know better than He does. You are also failing to find your identity in Christ. Neither are good outcomes.

The next problem is that we forget the "delight yourself in the Lord" part. We pray and ask, but don't allow ourselves to be awestruck by our God. We aren't captivated by His creativity, fascinated by His faithfulness, or mesmerized by His magnificence. We don't stop to let Him "blow our minds."

Instead, we approach Him like a cosmic vending machine. We insert our prayer quarter. We make our selection for what we think we need in order to be what we think of as "happy." Then, we say "Amen" to collect our prize.

The heart wants what the heart wants. Besides, when we're happy, we can serve Him better, right? (Wink, wink.)

That leads us to the final issue. We fail to allow the "give" part of Psalm 37:4 to mean "provide," "put," or "place." In other words, letting God decide our desires for us and then place them in our hearts. We say we truly want what's best. We fully acknowledge that He knows better than we do. Being open to Him putting our wants on our hearts for us, rather than us putting them there, is difficult. If we did, we'd be more effective vessels. After all, when we're more effectively living by, in, and for Him, we're inherently happier.

We are in the heart of the "fortitude phase" of this journey. As we trudge our way through the end of this week, you may be having some serious doubts. You can't see yourself ever waking up eager to get to your plyometric workout. You can't imagine a scenario resulting in you willingly ordering Brussels sprouts, sautéed in coconut oil and topped with walnuts. Certainly there will never be a time when you want to go to bed at a reasonable hour. Stressful days require de-stressing on the couch in front of the TV. You're questioning not only whether fitness will ever come effortlessly, but if you will ever even want it to come, effortlessly or not. It's work. It's hard. It's daunting.

What if we read Psalm 37:4 as "I will continually be amazed by You and I trust that You will change, align, and reorient my heart for Your purposes?" What if our hearts took a permanent posture of awe and wonder at what the Lord does? What if we trusted Him to take care of our desires for us? What do you think He'd want to do for and with a heart so submitted and respectful? My suspicion is plenty, including plenty with your fitness.

My challenge: don't pray that God would give you what you want. Pray instead that He would *make* you what He wants.

Don't be surprised later when the smell of sautéed Brussels sprouts makes you hungry.

### Prayer

*Father, thank You for Your endless delights. Will You forgive me when I want what You don't? Please help me to be concerned only with what You want for me. Amen.*

### Meditation

Let Your desires be my desires.

### Daily Spiritual Exercise

Read Psalm 37:1–7a. When you're finished, pray that God would give you wisdom on how to apply this passage to your fitness.

After praying, go back to that same passage. This time, meditate on each verse, one at a time, for at least a minute. See if the Lord whispers something in your heart. It's okay if He doesn't, but I suspect He will.

When you're finished, pray that Psalm 37:4 would begin to characterize your life.

When we stay focused on delighting ourselves in Him, we can trust Him to take care of our desires and to use our personality for His purposes.