

# Delights

*"Every good and perfect gift is from above, coming down from the Father of the heavenly lights."* James 1:17 (NIV)

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

*From the beginning*, God gave us a desire for delight and the means to experience it, so it's no wonder that delight comes naturally to us. As humans, we are led by what we love! So it's not a question of if we delight, but what we delight in. All around us, there are things that spark joy, spur delight, and move us deeply. We enjoy a moving book, a compelling movie, or a tasty meal; we lose all track of time to our hobbies or hanging out with friends; we experience a sense of delight in nature, on vacation, or caring for our home. Delight can come in unexpected ways and at unexpected times. Moments of delight inevitably welled up within you as you looked back at your year through those photographs and social media posts - these pockets in time where life was good.

We can and should enjoy these blessings, but we need to take it a step further - not just delighting in the gift itself, but taking it all the way by finding our delight in the ultimate gift giver - God Himself. Delight is encountering something good and allowing its goodness to awaken us to what we want, and what our heart and soul ultimately want is a connection with its Creator, Sustainer, and Provider. **A heart of delight is a life tuned into God's goodness.** When we consciously express and communicate the aspects of our spiritual journey that bring us joy, we cultivate a sense of gratitude and appreciation for God's blessings in our lives.

*Take a moment to see and remember all the ways God has been faithful, provided for you, and shown up in your life over the past year.*

1. What were some of your favorite moments that took place in 2023?
2. How did they bring you joy, spark a sense of peace in you, and make your soul come alive?
3. In what ways did these activities or things help you feel more connected to God, as well as the people around you?

After reflecting on the above questions, write out a prayer expressing your gratitude to God for these gifts you got to enjoy.

Did someone help make the highlights of this year possible? Take a moment to write them a letter, make a phone call, or send a text message thanking them for what they meant to you over the past year.