**Daily Prayer and Encouragement Friday 8th January –** Ray Forbes

Psalm 37: 4

”Delight yourself in the Lord and he will give you the desires of your heart.”

Over the past days we have been wishing people “A Happy New Year”. What is it that makes for happiness? Here in this verse from the Psalms I believe we have marked out for us God’s way to happiness.

Be thankful for what God has already given you. The place we start to “delight in the Lord” is to count our blessings. We are alive. We have people who love us. We have a purpose in life. We are much loved by God. Many of you will know the old chorus:-

“Count your blessings,

Name them one by one

And it will surprise you,

What the Lord has done”

Not just counting our blessings, but making God our first priority. Really trusting Him and trying to serve Him in all we do. The ideal happy life is to serve God with all our heart, soul, mind and strength. Often we think we would be happier and life would be easier if God had led us on a different path. However our text is not only a command but it is also a promise.

“Delight yourself in the Lord AND HE WILL GIVE YOU YOUR HEARTS DESIRE”

What are the desires of our hearts? Deep down they are to find life satisfying, to find peace of mind and heart, and to have a purpose in life. To trust that God knows how these things can be really true for us. That God’s purpose is always for our greatest good.

A Happy New Year? We can be sure of it. Come what ma,y if we delight ourselves in the Lord, then (and only then) can He give us the desires of our hearts

*A prayer of St. Columbia:*

*My dearest Lord*

*Be the bright flame before me*

*Be the guiding star above me*

*Be the smooth path beneath me*

*Be the kindly shepherd behind me*

*Today and for evermore*

*AMEN.*