

The pursuit of delight is a necessary part of all worship and virtue. Again, Mr. Piper has helped me see that, “The chief end of man is to glorify God BY enjoying Him forever.”

In the pursuit of a life that glorifies

In the pursuit of a life that glorifies God, we don't have to sacrifice the experience of joy.

God, we don't have to sacrifice the experience of joy. Think about it, when is a loved one most glorified? When they are loved freely and gladly or when they are loved out of a sense of duty and obligation? When we serve God out of a sense of delight,

He is seen by others as good and glorious.

I hope that after you complete this study, you will look back and say, “I didn't expect that full devotion to Christ would also result in my own personal joy and delight, but it does.” I want you to be as surprised at this realization as I was years ago. I'm convinced that the more people experience this reality, the more the world will see Christ in us and

want a relationship with Him. There is something very attractive about joy—everyone wants in on it!

Participation Guide

Visit <https://smccutah.wixsite.com/mysite-1/living-fdfd> in order to access each week's background reading, and video or audio sermons.

There is **HOMEWORK** each week. The expectation is that each participant will complete four days of thoughtful interaction with the material. The goal of this course is not to simply get through the material, but to be transformed by what you are learning. This will happen only if you make this a priority for the next six weeks.

The material in this course is laid out as follows:

Day One | Listen to a message that introduces and explains the major concepts that will be studied that week (except for Week 3).

Days Two, Three and Four | Read the material and interact by practicing the SMCC Method of Journaling (outlined below):

S = Scripture (Bible reading)

Besides reading the material supplied to you, take time to read and contemplate the Bible passages that are used for that day.

M = Meditate (Contemplation)

Don't let the word meditate scare you. If you know how to worry, you know how to meditate. When a Christian meditates on Scripture, they look for the goodness, the

greatness, the wisdom, and the power of God. When a Christian meditates on Scripture they look for ways to make what they read personal to their own life and situation. Meditation is a way that we invite the Holy Spirit to use God's Word to convince us of something that is important.

Psalm 1:1-2 says *"Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the Lord, and who meditates on his law day and night."*

C = Conviction (Something I will believe or do)

When we meditate on Scripture, we naturally learn and appreciate something that we didn't know before about God, ourselves, or our world. The idea of a conviction is that we take what we learn and ask the question, "So what? What are we going to do about what we have become convinced of?" A conviction is different from a preference in that we are changed by our convictions. I like what Jesus said in Matthew 7:24-27 to anyone who will listen:

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain

came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

C = Connect (with God through prayer)

The most important person that we can connect with each day is God. The way we connect is through prayer. A good discipline is to write down a short prayer:

...something you appreciate about God (perhaps something you learned from meditating on Scripture that day). This is an opportunity to be in AWE of God.

...something for which you are grateful.

...something you learned about yourself.

...something that you want to ask God to do for you.

Beyond the homework assigned and the group discussions that will take place each week, extra material can be found in the Appendix.

When You Meet

Each week, when you come together as a group (even if it is just you and a friend), be ready to participate. This material is designed for you to develop your own thoughts and convictions—and then to share those with the group. The Leader is not there to teach you, but to encourage you to grow by engaging with the material.