

Day 7

“The one thing I ask of the Lord—the thing I seek most—is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple” (Psalm 27:4, NLT).

When I first met Scott, we dated long distance. We spent every possible moment on the phone while I completed my degree at Liberty University and he ministered as a student pastor in Orlando. We thought about each other constantly and planned ways to visit each other. We neglected meal times and sacrificed sleep. The distance and difficulties didn’t matter. We were in love, and we were desperate for more time together.

In this psalm, David reveals his desperation for God. His singular devotion is to delight in the Lord and to be where God is—in the Temple. Because of Christ’s sacrifice on the cross and resurrection, God dwells within believers now. “Your body is the temple of the Holy Spirit” (1 Corinthians 6:19). So, though the Bible is clear in directing us to worship and serve together at church (Hebrews 10:25), we can delight in the Lord and live in His house all day, every day.

How can we delight in the Lord? We can incorporate praise music into daily activities. We can pray often throughout the day, maintaining a continuous conversation with the Lord. We can set aside time to study and meditate on His Word. We can focus our attention on Him through fasting. This is how we become a people desperate for God.

How can your daily habits better reflect your desperation for and delight in the Lord?

Lord, I want to be desperate for You. Stir in me a desire to spend time with You and delight in You all throughout the day.