

**INTRO: Welcome to Grace Notes. Most of the Bible heroes were men of great resolve. 2 Chronicles 2:3 tells us that King Jehosaphat resolved to inquire of the Lord when his enemies threatened war. As a result, God gave him complete victory, along with numerous blessings.**

**Daniel 1:8 records that the prophet Daniel resolved not to defile himself with the royal food and wine offered him by the pagan king. God rewarded him by enabling him to be absolved from partaking and still become healthier and wiser than the other wise men who did indulge.**

**The apostle Paul wrote in 1 Corinthians 2:2**

**..."I resolved to know nothing while I was with you except Jesus Christ and Him crucified."**

**This knowledge allowed him to endure the many sufferings he received in his ministry, and still write heartfelt instructions from his experiences that even we follow today.**

**Resolutions are good things to make as long as we rely on the direction of the Lord to DEFINE them and His strength to KEEP them.**

**On our program today, Barbara Sandbek will discuss how we can determine what makes a Godly resolution.**

\*\*\*\*\*

**If you're like me, every January 1<sup>st</sup> you make resolutions for the coming year.**

**There's just something about that 'fresh start' idea, especially when you've consumed far too many desserts and calorie-laden foods in your celebrations.**

**I came across a list of resolutions people make AND then break within the first 2 weeks.**

- 1). A new exercise routine or joining a gym (and going there)**
- 2). Eating healthier**
- 3). Saving money**
- 4). Decluttering**
- 5). Quitting bad habits**
- 6). Going to bed at a reasonable hour**
- 7). (Here's a good one) no more resolutions.**

**Yes, I make them, but I don't keep them very long – or at least most of them.**

**In reviewing the resolutions I've made over the years, I realized that 'getting to know God more' was consistently there and that's a good one to have - even on a DAILY basis.**

**Over the past year, I can see how I have come to know and appreciate God more through the answered prayers Dale and I prayed together. What a blessing to be a part of what God wants done!**

**I've concluded, that in order to fulfill the resolution to increase our knowledge of God, we need to find out what God loves and get involved in it. After all, if we say we love God, shouldn't we want to find out what delights Him?**

**It's like parenting your child. If you want to understand them better, you take notice of what they like, and show interest. Attend their games or recitals, or just participate in whatever it is they enjoy. Show appreciation for their talents. I remember when I was young, I took accordion lessons. When I finally played a song perfectly I would go into the kitchen and ask my mom to listen. Unfortunately, she would ask me to go into the other room and play because it was too loud. That was discouraging. I wanted to see her face light up. As good a mom as she is, parents don't always do it right, but God does. He is always interested. These days, I spend a lot of time talking with her. She's now in her 90's. I tell her that our conversations are like eating a piece of chocolate to me.**

**Assuming you like chocolate, too, is talking with God and listening to Him speak to your heart like eating a piece of chocolate, or is it just a duty to perform?**

**So, what does God delight in? He delights in the PRAYERS of His children.**

**Praying is not about getting what we want, it's about communicating with the One Who loves us unlike anyone on earth, knows what we think, why we do what we do, and wants the best for us. It's seeing how He answers our requests in detailed ways, most often quite differently and better than the way we would answer them.**

**Proverbs 18:24b (NIV) says...**

**...there is a friend who sticks closer than a brother. And that's Jesus!**

**1 Peter 5:7 tells us...**

**Cast all your care on Him, for He cares for you. (NIV)**

**In Revelation 5:6-8, the apostle John wrote about Jesus opening a book which told of future events. Notice how God feels about our prayers.**

**"...I saw a Lamb, looking as if it had been slain, standing at the center of the throne, encircled by the four living creatures and the elders. ... He went and took the scroll from the right hand of him who sat on the throne. And when he had taken it, the four living creatures and the twenty-four elders fell down before the Lamb. Each one had a harp and they were holding golden bowls full of incense, which are the PRAYERS of God's people." (NIV)**

**Don't think your prayers are in vain. They are KEPT by GOD and used long after we utter them, to praise Jesus, the Lamb of God, together with the adoring angels.**

\*\*\*\*\* LENGTH: 3:19

\*\*\* BEFORE THE THRONE \*\*\*

\*\*\*\*\*

**VERSE 1**

*Before the throne of God above  
I have a strong & perfect plea.  
A great High Priest Whose Name is love  
Whoever lives & pleads for me*

**CHORUS 1**

*My name is graven on His hands  
My name is written - on His heart  
I know that while in Heaven He stands  
No tongue can bid me to depart  
No tongue can bid me to depart*

**VERSE 2**

*When satan tempts me to despair  
And tells me of my guilt within  
Upward I look & see Him there  
Who made an end to all my sin*

**CHORUS 2**

*Because the sinless Savior died  
My SINFUL soul is - counted free  
For God, the JUST is satisfied  
To look on Him & pardon me  
To look on Him & pardon me*

**VERSE 2**

*Behold HIM there, the risen Lamb  
My perfect, spotless righteousness  
The great unchangeable I AM  
The King of Glory & of grace*

**CHORUS 3**

*One with Himself I cannot die  
My soul is purchased by His blood -  
My life is hid with Christ on high  
With Christ, my Savior & my God  
With Christ, my Savior & my God.*

**REPEAT Chorus 3**

**God cares about all His children. That's why it delights Him when we get involved in other Christian's lives through praying for THEIR needs, not just our own. Galatians 6:2 NIV says**

**"Carry each other's burdens, and in this way you will fulfill the law of Christ." We do this by sympathizing with one another because of the trials and troubles we all face, just as Jesus bears with us and is touched by the feelings of our infirmities. (Hebrews 4:15-16) We need to be ready to comfort, counsel, and sometimes confront in love. This is how we fulfill the law of Christ, which is love.**

**A lot of our answers to prayers this year involved praying for others. We saw a relative's 87-year-old grandma come to know Christ two weeks before she died, both of our sons many prayer requests for their businesses answered, serious issues with the birth of our last grandchild be quickly resolved, and my mom saved from a massive heart attack because God had her at the right place at the right time...to name a few. This has brought us great joy.**

**But are we supposed to walk around with other people's burdens?**

**No. Psalm 55:22a (NKJV) shows us how we can effectively share in these burdens by laying them at the feet of Jesus through prayer. It reads...**

**Cast your burden on the LORD, and He shall sustain you...**

**God alone, knows what the right answer is. He's the only One who can grant the Request – so PRAY.**

**\*\*\*\*\* LENGTH: 2:22**

**\*\*\* PRAY \*\*\***

**\*\*\*\*\***

**VERSE 1**

**Long before he taught us how to pray  
Daniel was a man who knelt three times a day  
When he was cast into the lions' den  
God answered Daniel when he prayed again - So**

**CHORUS**

**Pray my brother, pray my sister  
Open up the windows of your heart  
Get down on your knees  
Renew the day before it starts  
You hold the Kingdom keys - Pray**

**VERSE 2**

**It seems that we have lost our will to call  
Upon old Daniel's God who hears and answers all  
When lions have our lives in disarray  
The Lord will always answer when we pray  
So come on...**

**Repeat Chorus 2x**

**TAG**

**You hold the Kingdom keys  
The Lord will hear your pleas  
So get down on your knees and pray  
Father, Who art in Heaven  
You hold the Kingdom keys - Pray  
So get down on your knees  
The Lord will hear your please  
You hold the Kingdom keys - Pray!**

**One more thought on what delights the Lord.**

**Psalm 147:10-11 (NIV) says...**

**His pleasure is not in the strength of the horse,  
nor his delight in the legs of the warrior;  
the LORD delights in those who fear him,  
who put their hope in his unfailing love.**

**King David was known as a man after God's own heart. He cared about what God cares about.**

**In Psalm 18 he cried out to the Lord in his distress. But before he voiced his concerns he entered into praise. Listen to his words...**

**I will love thee, O LORD, my strength.**

**The LORD is my rock, and my fortress, and my deliverer;  
my God, my strength, in whom I will trust; my buckler,  
and the horn of my salvation, and my high tower.**

**I will call upon the LORD, who is worthy to be praised:  
so shall I be saved from mine enemies.**

**And God did save him. He shook the earth and rained hail of coal and fire on it. He moved the hills. He thundered in the heaven and shot out arrows of lightning. He was angry because someone was messing with His child. I love verse 19...**

**He brought me forth also into a large place; He delivered me, because HE DELIGHTED IN ME.**

**King David feared God with a reverential awe.**

**We should, too.**

**Why not resolve this year to fear the God who loves and delights in YOU!**

**You've been listening to Grace Notes. If you have been blessed by this ministry, your note of encouragement would be greatly appreciated. You can write to us**

**at Sandbek Ministries P.O. Box 581 Fallston, MD 21047**

**or email us through our web site at [www.gracenotesradio.com](http://www.gracenotesradio.com).**

**Join us on our next program. Until that time, let your grace notes be a song of praise.**