

# WHAT IS THE CHIEF END OF MAN?

*Man's chief end is to glorify God,  
and to enjoy Him forever.*

(Westminster Shorter Catechism, Question 1)



**Glorify:** *to praise and worship.* Synonyms: extol, exalt, revere, honor, adore, thank

**Enjoy:** *1. take delight or pleasure in.* Synonyms: 1. be fond of, be entertained by, take pleasure in, delight in, appreciate, revel in  
*2. possess and benefit from.* Synonyms: be blessed with, be favored with, own, boast

*I had not noticed either that just as men spontaneously praise what ever they value, so they spontaneously urge us to join them in praising it: "Isn't she lovely? Wasn't it glorious? Don't you think that magnificent?" The Psalmists in telling everyone to praise God are doing what all men do when they speak of what they care about.. ...*

*I think we delight to praise what we enjoy because the praise not merely expresses but completes the enjoyment; it is its appointed consummation. It is not out of compliment that lovers keep on telling one another how beautiful they are; the delight is incomplete till it is expressed." - Reflections on the Psalms by C.S.Lewis*

**Pray:** Dear God, How would you like for me to grow in my glorification and enjoyment of you? How should I glorify you with my life?

*Take delight in the Lord, and he will give you the desires of your heart. - Psalm 37:4*

*Be glad in the Lord and rejoice, you righteous ones; And shout for joy, all you who are upright in heart. - Psalm 32:11*

*Sing for joy in the Lord, O you righteous ones; Praise is becoming to the upright. - Psalm 33:1*

*Let the nations be glad and sing for joy; For You will judge the peoples with uprightness and guide the nations on the earth. - Psalm 67:4*

*Shout joyfully to the Lord, all the earth. Serve the Lord with gladness; Come before Him with joyful singing. - Psalm 100:1-2*

*Rejoice in the Lord always; again I will say, rejoice! - Philippians 4:4*

**Activity:** Adore and thank God as if no one is looking. Allow your love to expand. Know that he possesses you and you possess him and you are both secure in relationship. No one can take Him from you. Benefit from this relationship! Boast in His love for you! What is bursting forth from your heart? Who will you share this praise with to make your joy complete? Stay in this time of worship until you run out of praise. Then sit quietly and reflect on how it feels to glorify God and enjoy Him.