

Wednesday Refuel

“Cleansing by the Word”

Psalm 119 Vs 9-16 “Part 2”

Introduction: Sad to say we live in a beautiful but sin-saturated and contaminated world.

- So the question is “How can a young person keep his or her way pure in such an environment”?
- The immorality of our day compares to, and I would even say exceeds, that of Sodom and Gomorrah and the Roman Empire.
- In many nations especially the USA, traditional values concerning sex and marriage have been overthrown by liberal and perverse practices in the name of **personal rights** and **tolerance**.
- We live in a society that Glorifies Sexual immorality!!!! Pride Month.
- Pornography has become so easily available through the internet that children are commonly exposed to it at an early age.
- Even among professing believers, fewer and fewer young people are waiting until marriage to have sex.
- Just as tragic, fewer are faithful to their spouses once they are married.

The teenage and early adult years of life can be very exciting. But as we all know they can also be challenging and dangerous.

Approximately 3,000 years ago, the psalmist asked, “How can a young man (person) cleanse his (or her) way—keep his way pure?” (v. 9).

The answer then is still the answer today: **by living in obedience to God’s Word.**¹

¹ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher’s Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 106.

Psalms 119:9 How can a young man cleanse his way? By taking heed according to Your word.

NLT: **Beth** How can a young person stay pure? By obeying your word.

O: How can a young man cleanse his way? By taking heed according to Your word.

I:

Psalms 34:11 Come, you children, listen to me; I will teach you the fear of the LORD.

How can a young man cleanse his way?

- This was a very difficult question in ancient times, just like it is in our own time.
- The young person has their own particular challenges in living a pure life.

This is a question that most outside the church and yes even people within the church never seem to ask for themselves.

Sadly, some people never have a concern for moral purity.

You have the world: not to mention DADS telling their sons, “Have your good time when you are young; get it all out of your system. When you are older you can settle down and be religious and proper.”

Yet they tell their daughters quite the opposite.

There are so many obstacles for these young ones who have a desire to remain pure, Just call it like it is there are many things that may make it difficult for a young man to **cleanse his way**.

- The lack of life wisdom.
- Young women who may – knowingly or unknowingly – encourage moral impurity.
- The world that encourages, expects and promotes moral uncleanness for young men.
- The desire to be accepted by peers who face the same challenges.

Of course, it is not *only* the **young man** who has these challenges; older men and women of every age have their own challenges in living pure lives. Yet these are often more severely felt in the life of the young man.

A:

2Timothy 2:22 Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

Proverbs 2:10-12 When wisdom enters your heart, And knowledge is pleasant to your soul, 11 Discretion will preserve you; Understanding will keep you, 12 To deliver you from the way of evil, From the man who speaks perverse things,

How can a young man cleanse his way? By taking heed according to Your word.

O: By taking heed according to Your word.

I:

By taking heed:

- A life of moral purity does not happen accidentally.
- If one does not take **heed**, the fleshly path is toward impurity! One must **take heed** in order to be pure.

c. **According to Your word:**

- This is *how* one takes heed. The foundation for a morally pure life is found in God's **word**.
- God's word shows us the standard of purity, so we know what is right and what is wrong.
- God's word shows us the reasons for purity. **Matthew 5:8** Blessed are the pure in heart, For they shall see God.
- God's word reminds us to always be on guard. **1Peter 5:8** Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.
- God's word shows us how to be born again – how to be converted, how to model our lives after Jesus .
- God's word shows us the way to be empowered by the Holy Spirit, so that we have the spiritual resource to be pure.
- God's word is a refuge against temptation, giving us a way of escape when we are tempted: **1Corinthians 10:13** No temptation has overtaken you except such as is common to man; but God *is faithful*, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.
- God's word is the key to the renewing of our minds, **Romans 12:2** And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.
- God's word shows us how to conduct our lives so that we are an encouragement to others in purity.

A:

If you want to **cleanse** your **way**, then you must also **take heed according** to God's word.

We have to always remind ourselves that Jesus answered temptation with the word of God!!!

Psalms 119:10 With my whole heart I have sought You; Oh, let me not wander from Your commandments!

NLT: *I have tried hard to find you—don't let me wander from your commands.*

O: With my **whole heart** I have **sought You** Oh, let me not **wander from Your commandments!**

I:

- The psalmist's pledge was to seek God **wholeheartedly**.
- In this verse the writer realized that his passion for God's Word could possibly weaken over time: And, because he was fully aware of his sinful tendencies, he feared straying from the Lord's commandments.
- The writer makes it clear that he seeks the Lord with his whole heart: a casual, half-hearted commitment was not enough.
- If he was going to remain faithful to the Lord and His Word—**if he was going to stay pure**—he knew that he had to keep his heart, mind, and soul seeking the Lord and His Word.²

A:

² Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 106.

Psalm 119:11 Your word I have hidden in my heart, That I might not sin against You.

O: Your word I have **hidden in my heart**, That I might not **sin against You**.

I:

- The psalmist knew that the power to overcome temptation was also to be found **in God's Word**.
- Knowing this, he was driven to make a commitment to hide God's Word in his heart, that is, to memorize the Scripture.
- **To hide** (tsaphan) means to **store up, hoard, or lay up**.
- By committing the treasure of God's Word to memory, it would always be available, always at hand.
- We can be assured that before this word was **hidden in his heart**, it was received in his mind. The psalmist heard and read the word of God, and thought about it continually, until it became ingrained in both his mind and his heart. Guzik

Note that the psalmist hid God's Word in **his heart**, not in his head or mind.

- Knowledge alone will not prevent us from sinning.
- Before God's Word can keep us pure, it has to affect our hearts.
- A heart devoted to God and His Word—so devoted that it compels us to memorize Scripture—**will steer us away from sin**.
- God's Word cleanses us inside and out.
- Not only does it change our outward behavior, but it also removes our inward desires.

Side Note:

- When we make a commitment to God that results in faithful obedience to His word, He gives us the power to remain pure.
- Jesus acknowledged the one factor that motivates us to obey God's commandments rather than indulge our sinful desires:

(John 14:15 "If you love Me, keep My commandments. ").

John 14:23 Jesus answered and said to him, "If anyone loves Me, he will keep **My word**; and My Father will love him, and We will come to him and make Our home with him.

- The psalmist understood this truth, and it encouraged him to make a commitment to seek God with all his heart.

He also understood the power of God's Word would prevent him from sinning.

Therefore, he memorized God's Word—stored it in his heart—so that it could purify him inwardly and protect him when he was tempted.

The key to keeping ourselves pure is living according to **God's Word**.

Side Note:2.

- **In today's society we can clearly see that the commands of God's Word are despised and mocked: Pastors, Teachers, and Parents must uphold the Word of God without wavering.**
- Pastors and teachers and parents need to teach God's standards of purity on a regular basis.

Even more important, we as parents need to instruct our children faithfully in the principles of God's Word.

- The promotion and suggestion of sex is everywhere in our societies.
- Fornication and adultery dominate every form of entertainment —movies, television, the internet, music, books and magazines, advertisements.
- We parents and guardians need to create an atmosphere that makes our children comfortable in asking us questions.
- In return, we need to be prepared to give honest, age-appropriate answers to those questions. Sad to say Most children already know more about sex than any of us parents realize.
- Therefore, as mothers and fathers, we must continually instill in our children's minds the scriptural truth that all forms of sexual activity are to be exercised only within **God's boundary of marriage**.
- In a world that pushes safe sex to young people, we, as believers, need to repeatedly remind our children that abstinence is God's way.

We have to be fully alert to the dangers that threaten our children.

- As diligent, loving parents, we need to monitor our children's activities, associations, computers, and communication devices.
- We cannot allow the filth of the world to invade our homes and corrupt our families' minds through sinful television programs, movies, music, and other forms of ungodly entertainment.³

³ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 106–108.

Psalms 119:12 Blessed *are* You, O LORD! Teach me Your statutes.

O: Blessed *are* You, O LORD! Teach me Your statutes.

I:

- The psalmist praised the Lord for His **glorious Word** and its purifying power.
- He longed for the Scripture to penetrate his heart and to cleanse his most sinful desires.
- Therefore, he humbly asked the Lord to teach him the commands and principles of His holy Word⁴

A:

- Pastors and teachers are wonderful gifts from the Lord to help us understand God's Word (**Ephesians 4:11-12** And He Himself gave some *to be* apostles, some prophets, some evangelists, and some pastors and teachers, 12 for the equipping of the saints for the work of ministry, for the edifying of the body of Christ).
- However, as genuine believers, we have an even greater Teacher living within us: **the Holy Spirit**, whom Jesus said would teach us all things and guide us into all truth.
- Now this does not mean we do not need solid Bible teaching. Nor does it mean we cannot benefit from books about the Bible or other helps. **What it does mean is this**: only God's Spirit can instill God's Word in our hearts.⁵

⁴ Leadership Ministries Worldwide, [*Psalms: Chapters 107–150*](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 108.

⁵ Leadership Ministries Worldwide, [*Psalms: Chapters 107–150*](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 108.

Psalms 119:13 With my lips I have declared All the judgments of Your mouth.

NLT: *I have recited aloud all the regulations you have given us.*

O: With my lips I have **declared** All the **judgments** of **Your mouth**.

I:

- The psalmist hid God's Word in his heart, but he did not keep it hidden.
- He made a commitment to share the Scripture so it could have a powerful impact on other people's lives **just as it did on his**.

Don't miss this the writer stated specifically that the Scripture comes from God's mouth.

- This declaration is a testimony to the inspiration of Scripture, and that's according to **2 Timothy. 3:16**.
- It is *God's* Word, not man's. It came to us from the mouth of God, not from the minds of men.

A:

When we give God's Word a home in our hearts, it will **not** allow us to keep it to ourselves.

God's Word is a living, and sharper than any 2 edged sword (Hebrews. 4:12).

It works mightily within us and it works its way out of us and into the lives of others.

Jesus said that the mouth speaks out of the abundance of the heart (Luke. 6:45).

If God's Word is truly in our hearts, we cannot help but sow it in the hearts and lives of others.⁶

⁶ Leadership Ministries Worldwide, [*Psalms: Chapters 107–150*](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 108.

Psalms 119:14 I have rejoiced in the way of Your testimonies, As *much as* in all riches.

NLT: *I have rejoiced in your laws as much as in riches.*

O: I have **rejoiced** in **the way** of Your testimonies, As *much as* in **all riches**.

I:

- The psalmist treasured God's Word as his **most valuable resource**.
- He rejoiced in the way of Scripture as much as he would rejoice in receiving great riches.
- It was his way of life—it was abundant, peaceful, and the end result was eternal life.⁷

A:

Psalms 119:15 I will meditate on Your precepts, And contemplate Your ways.

NLT: *I will study your commandments and reflect on your ways.*

O: I will **meditate** on Your **precepts**, And **contemplate** Your ways.

I:

- Next, the psalmist made a commitment to meditate on God's Word. "I WILL"
- To **meditate** (siach) means to ponder, consider, contemplate, or "go over in one's mind."
- Because the psalmist had hidden God's Word in his heart, it was always available to him, twenty-four hours a day.
- Wherever he was and whatever his circumstances, he could always meditate on some portion of Scripture.

The second statement of this verse simply reaffirms the first.

A:

We not only meditate of Gods word, but we have to APPLY GODS WORD!!!!!!

⁷ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 109.

Psalm 119:16 I will delight myself in Your statutes; I will not forget Your word.

O: I will **delight myself** in Your statutes; I will not **forget Your word**.

I:

1John 5:3 For this is the love of God, that we **keep His commandments**. **And His commandments are not burdensome**.

Whoever is born of God **will delight** in the **statutes** of the Lord and keep them in constant remembrance. BBC

A: