

Wednesday Refuel

“The Power of The Word”

Psalm 119 Vs 33-40 “Part 5”

Introduction: according to the World Health Organization, heart disease is the number one killer in the world for both men and woman.

More than half of all people who die from heart disease are men.

Globally, more people die of cardiovascular diseases than any other single condition or cause.

As Americans we are frequently warned about certain lifestyles that increase the risk of heart disease, and we are constantly reminded of how to prevent heart issues.

Spiritually speaking,

Scripture always reminds us to pay careful attention to the condition of our hearts.

Solomon wrote that the wise will guard their hearts diligently because everything else in their lives springs from their hearts ([Proverbs. 4:23](#) *Keep your heart with all diligence, For out of it spring the issues of life.*)

Just like the heart pumps blood into all parts of the body, literally controlling life and death, so the spiritual heart affects and controls the entire spiritual wellbeing of a person.

So In Psalm 119:33–40, the psalmist examines his own heart and realizes it is unhealthy.

He is troubled by its covetousness and its desire for worthless things (vv. 36–37).

If these spiritual diseases are not healed soon, he may suffer **the shame** brought on by disobeying God’s Word (v. 39).

He calls on the Lord to touch him and restore life to his sin-infected heart. ¹

¹ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher’s Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 116.

Psalms 119:33 Teach me, O LORD, the way of Your statutes, And I shall keep it to the end.

O: Teach me, O LORD, the way of Your statutes,

I:

John 6:45 (NKJV) It is written in the prophets, 'AND THEY SHALL ALL BE TAUGHT BY GOD.' Therefore everyone who has heard and learned from the Father comes to Me.

1John 2:27 But the anointing which you have received from Him abides in you, and **you do not need that anyone teach you**; but as the same anointing teaches you **concerning all things**, and is true, and is not a lie, and just as it has taught you, you will abide in Him.

First, the psalmist longed to grow spiritually.

He was not satisfied with his present condition.

Verses like this should always encourage us to be in prayer for Lords help in following His truth.

This is the main prayer of the psalm—a prayer for spiritual enlightenment.

He knew that if he did not grow he could not be faithful to the Lord to the end of his life (v. 33b).

“And I shall keep it to the end.”

To the end “is one sense of a word it means ‘as a consequence’ or ‘reward.’

” The psalmist was referring not only to the end of his own life but also to the reward God gives to those who fear Him.

Therefore, he made an earnest promise to the Lord: if God would teach him the way of life spelled out by His statutes, he would do his best to stay on that righteous path all the days of his life.²

A:

Matthew 10:22 And you will be hated by all for My name's sake. But he who endures to the end will be saved.

Philippian's 1:6 being confident of this very thing, that He who has begun a good work in you will complete *it* **until the day of Jesus Christ**;

² Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 116.

Psalms 119:34 Give me understanding, and I shall keep Your law; Indeed, I shall observe it with *my* whole heart.

O: Give me **understanding**, and I shall **keep Your law**;

I:

James 1:5 *If any of you **lacks wisdom**, let him **ask of God**, who gives to all liberally and without reproach, and **it will be given to him**.*

Matthew 7:24 "Therefore whoever **hears these sayings of Mine**, and **does them**, I will liken him to a wise man who built his house on the rock:

Here the psalmist had a huge desire for a greater understanding of God's law.

However, he did not want knowledge for the sake of knowledge alone.

With a Deeper insight into God's truth this would increase his ability to obey it.

The psalmist longed to be wholly devoted to obeying God's Word³

A:

We should pray for **understanding**. It is important to have right interpretations of the Scriptures, and clearly understand our role and responsibilities.

"Indeed, I shall observe it with *my* whole heart."

O: Indeed, **I shall observe it** with *my* **whole heart**

I:

Not only on the outside to be seen of men, and to get praise from them; but doing the will of God from the heart, always everything is done as unto to the Lord, and not to men;

Ephesians 6:5-6 *Bondservants, be obedient to those who are your masters according to the flesh, with fear and trembling, **in sincerity of heart, as to Christ**; 6 not with eyeservice, **as men-pleasers**, but as **bondservants of Christ, doing the will of God from the heart**,*

A:

³ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 116–117.

Psalms 119:35 Make me walk in the path of Your commandments, For I delight in it.

O: **Make me walk** in the **path of Your commandments**, For I delight in it.

I:

Philippian's 2:13 for ***it is God who works in you*** both to will and to do for His good pleasure.

Hebrews 13:21 make you complete in every good work ***to do His will, working in you*** what is well ***pleasing in His sight, through Jesus Christ, to whom be glory forever and ever.*** Amen.

- The psalmist truly wanted the Lord's guidance in life.
- He delighted in doing what God said; so, if the Lord would lead him in the path of His commandments, **the psalmist would know the deep pleasure of obeying and pleasing God.**⁴

We should pray for guidance. The spirit is willing but the flesh is weak. **So we want the Lord to guide our feet in the path of His will,** because that is the only way in which we are truly happy. BBC

A:

Side note: The psalmist's request is not a request that we should take lightly, because one of the ways God teaches us obedience is through suffering.

In addition, God teaches us to obey Him by disciplining us when we disobey (He. 12:5–11).

Without question, asking God to teach us obedience is a request for the Holy Spirit to guide us into a deeper understanding of spiritual truths. But we also need to be aware of the ways God teaches us obedience.

The purpose of Scripture is not for us to learn it but to live it.

Just like the psalmist we need to apply and to walk in faithful obedience to the Lord.

When we make this promise to the Lord—the promise to obey His Word—He promises to teach us His life-changing truths and we will have delight in it.⁵

⁴ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 117.

⁵ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 117.

Psalms 119:36 Incline my heart to Your testimonies, And not to covetousness.

(NLT) Give me an eagerness for your laws rather than a love for money!

O: **Incline my heart** to Your **testimonies**, And not to **covetousness**.

I:

Luke 12:15 And He said to them, "Take heed and **beware of covetousness**, for one's life does not consist in the abundance of the things he possesses."

Colossians 3:5 Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and **covetousness, which is idolatry**.

Here we see the psalmist directly confronts his problem with covetousness.

Apparently, the things of the world had a strong hold of him.

Nevertheless, he was convinced that if his love for the Lord was stronger, it would overpower his desire for worldly things (**1 John. 2:15** Do not love the world or **the things in the world**. If anyone loves the world, the love of the Father is not in him.).

He asked God to tear his heart away from worldly possessions and turn his devotion to His holy Word.

A greater love for God's Word would give him victory over the desire for selfish gain.⁶

A:

It is a miracle of grace that takes the love of money from a man and replaces it with a love for the Bible.
BBC

⁶ Leadership Ministries Worldwide, *Psalms: Chapters 107–150*, vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 117.

Psalms 119:37 Turn away my eyes from looking at worthless things, *And* revive me in Your way.

O: **Turn away my eyes** from looking at **worthless things**,

I:

Scripture describes the desire for possessions as “**the lust of the eyes**” (1 John. 2:16 For all that *is* in the world—the lust of the flesh, **the lust of the eyes**, and the pride of life—is not of the Father but is of the world).

We see something, and we want it.

The psalmist asked God to turn his eyes away from **vanity**, away from the worthless, empty things that he strongly desired, things with no eternal value.

To **turn away** means to pass over or “to make to pass on one side.” The psalmist prayed that he would literally not even notice the seductive and enticing things of the world, that his eyes would pass right over them.⁷

A:

We have to be disciplined we have to like I said literally not even notice the seductive and enticing things of the world, our eyes have to pass right over them.

And **revive me** in Your way.

The psalmist understood that covetousness was the fruit of his corrupt human nature.

Therefore, he prayed for God to *quicken* him—to revive him spiritually, to awaken the spiritual life that was in him—**through the way of His Word**.⁸

Application:

We all struggle with the desires of our old, sinful nature.

In reality many of us battle covetousness.

Others fight against lust, evil speech, envy, pride, anger, hatred, substance abuse, the desire for sinful pleasures, and a ton of other sins.

When we repent of our sins and believe in Jesus, God saves us and gives us a new, spiritual nature we can overcome the sinful, fleshly cravings.

The power to overcome sinful desires is found in God’s holy Word.

⁷ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher’s Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 117.

⁸ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher’s Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 117.

What the Scripture does is cleanses us from the inside out, washing away the rebellious tendencies of our sinful hearts and empowering us to live without spot or blemish.

Furthermore, God's Word nourishes and gives us the necessary strength to stand against temptation and sinful impulses.

We are blessed to have God's Holy Spirit dwelling within us.

By walking in the power of God's Spirit, we can overcome the desires of our flesh.

When we desire to have victory over sin, we will follow the example of the psalmist: we will confess our sins to God and seek the power of His Word—and also the power of the Holy Spirit—to revive our souls and deliver us from the sin that tempts and so easily ensnares us.⁹

⁹ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 118.

Psalms 119:38 Establish Your word to Your servant, Who *is devoted* to fearing You.

O: **Establish** Your word to Your **servant**,

I:

The psalmist asked God to **stablish** or **fulfill His Word in his life**.

Simply up: as God's devoted servant, he wanted God's promises to be established in him.

So, he prayed for God to cause His Word to arise within him, to take firm hold of him, and to be carried out in his life.¹⁰

A:

O: Who *is devoted* to **fearing You**.

I:

The psalmist wanted God to fulfill His Word in his life because he **feared the Lord**.

Simply stated, this means he **highly revered the Lord, trusted Him**, and sought to obey Him wholeheartedly¹¹

A:

¹⁰ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 118.

¹¹ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 118.

Psalms 119:39 Turn away my reproach which I dread, For Your judgments *are* good.

(NLT) *Help me abandon my shameful ways; for your regulations are good.*

O: **Turn away** my **reproach** which **I dread**,

I:

When the Lord established His Word in the psalmist's life, He would also turn away the dishonor or disgrace that disobedience to God forces us to stomach.

The psalmist knew that God alone, through the power of His Word, could cleanse him of behavior that would shame him.

When God's laws empowered him to overcome his sin, they would be proven to be good; that is, they would be proven to be true or reliable.¹²

A:

"For Your **judgments are good.**"

God's laws are good *for* us.

God's Word accomplishes the good purpose God has for our lives and spares us the disgrace brought on by sinful behavior.

In addition, His Word produces in us the excellent fruits of holiness and righteousness:

Romans. 6:22 But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life.¹³

¹² Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 118.

¹³ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 118.

Psalms 119:40 Behold, I long for Your precepts; Revive me in Your righteousness.

(NLT) I long to obey your commandments! Renew my life with your goodness.

O: Behold, **I long** for Your precepts; **Revive me** in **Your righteousness**.

I:

The psalmist once again expressed his longing to obey God's Word.

For the second time in "part 5" of Psalm 119, the psalmist asked the Lord to quicken or revive him.

This time, he prayed that God would revive him **in His righteousness**.

The psalmist may be saying that, because he so passionately desired to obey God, reviving him spiritually would be the righteous thing for God to do.

Or, he may have been asking God to revive him by working His righteousness in his sinful heart.

Either way, **revival—spiritual renewal—was his sincere appeal of God**.¹⁴

A:

We should pray for personal revival.

So to sum these verses up: Vs 33-35

1. We need to Ask God to teach us to obey Him

A. That we may grow spiritually & be faithful to the end of life

B. That we will have a greater understanding of His law

1) Then we can be wholly devoted to obeying His Word

2) Then we will have His guidance thru life & find pleasure in obeying Him¹⁵

¹⁴ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 118.

¹⁵ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 116.

Vs 36,37

Ask God to change our heart

- a. To give us a love for His Word & not for selfish gain
- b. To turn our eyes away from covetousness—desiring the empty things of this world
- c. To revive us by His Word¹⁶

Vs 38-40

Ask God to fulfill His promises (Word) in our life

- a. Because. we fear (revere, trust) Him
- b. Because. He alone can cleanse us of our shameful behavior & prove that His Word is true
- c. Because. we long to obey His Word & to be revived (stirred up) by His righteousness¹⁷

¹⁶ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 116.

¹⁷ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 116.

