

# The Blessed Life of Obedience

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The joy and privilege to stand before you as we gather to go over the timeless unchanging truth of God's holy word. Amen. I want to direct our attention to a wonderful portion of scripture as we embark on a continual study in the book of Psalms. Today we're going to be in Psalm 119. So, if you will go ahead and turn with me to Psalm 119.

As many of you may know, Psalm 119 is one of the most majestic psalms of all of Psalms. It's one of the longest psalms out of all 150 psalms in the Psalter. In fact, if it was considered an individual chapter, it would stand as one of the longest chapters in the entire Bible measured by both verses and words. It contains 176 verses that are divided by 22 distinct stanzas. Each of these stanzas exactly eight verses long.

Tonight we're going to look at the opening stanza, verses 1-8 of Psalm 119, which corresponds to the very first letter of the Hebrew alphabet, Aleph. And it frames the pursuit of God's word not as a burden. Let me repeat that. It frames the pursuit of God's word not as a burden but as a source of the blessed life namely by your obedience to God's word.

And yet there is a singular supreme theme that overarches this whole chapter. And what is it? What is it that is echoing over and over and over through these 22 stanzas? It is this. The absolute sufficiency of the word of God. Psalm 119 celebrates the fact that God's word is entirely sufficient for every season, every trial, every sorrow, and every victory of the human soul.

This reality has anchored believers for centuries. For instance, William Wilberforce, the great British statesman who tirelessly led the fight to abolish slavery in the British Empire. He memorized completely Psalm 119, all 176 verses. He would walk home from the heavy battles faced in Parliament to his residency in Hyde Park. He would systematically recite this psalm to himself to stabilize his spirit and fuel his endurance to keep on fighting the battle. So we need to remember Psalm 119.

Today we're going to look now at the opening stanza which sets the tone for the entire psalm. Lord willing, we'll go through it all.

Point one, let's look at the first three verses, the blessed life of obeying the Bible. The psalmist begins here with the joyful exclamation. Blessed are the undefiled in the way

who walk in the law of the Lord. Notice it is a joyful exclamation when that word blessed appears in scripture. He is so enamored with the holiness of God's word that he immediately reveals where true lasting happiness is found. Notice the word blessed is not a word to be used in a shallow way. It's not to be used for a fleeting emotion or a temporary circumstantial moment of life. No, when it comes to the scriptures, when you see this word blessed, it means to possess true happiness, lasting joy, and total contentment.

You may think, wait, is that it? No, there's more. Not only is it all of those, but it's also in the word perfect peace. And here it is, complete satisfaction of God. The text states that this blessing belongs to those who are, look at that word, undefiled in the way. In the way. This is a biblical term meaning blameless. One who is blameless is undefiled. It does not mean flawless or sinless perfection.

As a reminder, as I said this morning, and it's worth repeating here, if sinless perfection were the standard required to be blessed, not a single one of us could qualify because the Lord Jesus Christ is the only perfect person who ever lived. So rather it refers to a heart of sincere devotion, a deep love for the Lord and an internal desire for purity. An internal desire for purity and it's a day by day change in the person in the believer by submission to God's word. You get more purified by your submission in God's word. John 17:17, the Lord Jesus said, "You will be sanctified by his word." You will be sanctified by his word.

So where a believer immediately turns to him in humble repentance the moment that you stumble, we stumble. Remember, we're not sinless yet. But whenever we stumble, what do we do? We go immediately to God's word. We immediately go to God. That's an assurance a believer has.

This internal state is manifested through the term walk. That is talking about an external aspect of a believer's life which is a metaphor of one's consistent conduct. Here I want to pause because many people think well if I don't read my devotion one day then I've fallen. No that's not what in the context of consistency in the scriptures is. It's the idea that the overall picture of your life is that you are doing the submission work of God's word in your life. That's the overarching thing over this life of blessedness. And so God's truth is the one that keeps the person walking metaphorically consistently in your conduct. And that walk in the law means that it's not just a Sunday type event. That's not what it's talking about. Or a Wednesday event because we have Wednesday service. But rather it's a shaping and a forming of your ordinary actions and your daily routines is part of your routine is to be submitted to God's word and wanting to read from God's word not out of a burden as I mentioned in the introduction but you have a desire to want to be in his word.

Let me illustrate through what Warren Wiersbe said he said it this way the law is not a weapon in the hand of an angry judge, meaning God, but a tool in the hands of a loving father. He is holding this word in a loving way, used by the spirit to make us more like Christ. A loving father saying, "Read my word so you can become more like my son." That's a tremendous thought to carry with you. He's not saying, "Oh, you'll never be like my son." No, you'll become more like my son.

Furthermore, Charles Spurgeon reminds us of a powerful visual of the Old Testament tabernacle. There was no floor inside the tabernacle. The priest walked on the raw desert sand. Just think of that. All that sand on the floor. Consequently, even while performing holy duties, which was done in a precise, holy way, their feet would constantly pick up dust and dirt. Because of this, God in his loving foresight placed instructions to put a bronze laver right outside. So what? They could wash their feet repeatedly to remain clean.

See, in the exact same way, as you walk through our dusty paths, as it were, defiled world, our savior, the Lord Jesus Christ, stands ready to continually wash our feet and keep us spiritually clean. Isn't that what he did with the disciples? He washed their feet. It's an external explaining the internal. He's cleansing us and the inside man. So what's the application for us in our daily walk in our consistency?

Do you view the commandments of God as something restrictive, as something negative, oppressive, a burden, a boundary designed to make you more miserable? Or do you see them as the protective path that leads to ultimate blessing and satisfaction? See, the latter is the believer. He sees more blessedness, more satisfaction and submission to the God's word, not less. So believers to settle in your heart that holiness, holiness, sanctification is where true happiness lies. Purity in your everyday conduct is the only true pathway to spiritual strength and peace.

Let's go to verse two. Blessed, blessed are they that keep his testimonies and that seek him with the whole heart. Notice in the text the word keep. I want you to pay attention to that because that word is going to be repeated over and over again through these verses. But let's go first with the word blessed. You see the repetition here. He repeats himself. Blessed. Why does he put the double emphasis in this verse? What the reason why this repetition is here is because we confirm on a daily basis our weakness. That is what a believer does. You are actually weak every day. Not just yesterday, not just next week. I know every day you are battling with a weak faith. And so he puts this as a double certainty of God's favor on your life, believer, because you are on the path of godliness. And so he's going to keep you going.

So there I go with the word keep. What does that mean? He says there to keep his testimonies literally means laws the word of God. So he implies here devotion to the word of God that you watch consistency in your life how you are living according to his word. Is it in your heart? Because later we're going to find not tonight but in verse 11 of Psalm 119 it says what Psalm 119 11 puts it this way thy word have I hid in my heart that I might not sin against thee you see sin makes us weak doesn't it and if we don't constantly hide the word of God in our hearts or that word keep we will fail time and time again it is the word of God that keeps us away from sin.

And so I love how the psalmist puts in there, notice in Psalm 119:11, he says, "I hid in mine heart that I might not sin against thee." And then you go back to verse two, "That keep his testimonies and that seek him with," notice the whole heart. There's that word whole. It means primarily undivided loyalty. Undivided loyalty, giving him the full loyalty of your heart. He is the only one, by the way, that you can do that. Just like it says in Proverbs 3:5, trust in the Lord with all thine heart and lean not unto thine own understanding. This is the idea. Your whole heart can only be loyal to one person and that is the Lord Jesus Christ. You give him your full loyalty. You concentrate your full attention, your full affection and adoration without any other competing idols. That's what it literally means.

Let me just illustrate with something that one of the people here will understand. I want you to draw attention to a telescope. Think of the Bible like a telescope. If you look at a telescope, meaning from the outside, all you will see is some glass, some metal, and a casing and specific instruments related to that telescope. But if you look through the telescope, your vision bypasses all the instruments and gazes upon the worlds, the stars, galaxies far, far beyond. You see, the Bible is, as it were, our spiritual telescope. We don't stop at just reading what's on the ink and paper of the Bible. We go beyond the what's written to we look through the text to see and know and trust the living Lord Jesus Christ. We must connect this to the living Lord Jesus Christ. It's a personal relationship with him. And you do it primarily by first getting yourself into the word with your undivided loyalty.

God looks upon you that way. God looks upon you that way and you make him personal. And so when you open up every time the Bible, you're not primarily seeking information or you're not rather seeking just mere understanding. It goes beyond information and understanding to an intimate encounter with your savior and lord. That's where we are to be.

God is one and we know that the triune God and we cannot fully know him. We will never fathom knowing the trinity. So it's not primarily to know then because we will never get to that place of knowing fully the trinity. But here it is what you lay aside of

your divided loyalties. And when you seek him and him alone with your entire heart, he comes down and he's present with you. That's what matters. That his presence is with you all the days of your life. All the days of your life. You just need his presence. That's what he wants.

And so now we pivot to verse three. We go now past the blessed experiences to now in verse three where he says these words. They also do no iniquity. They walk in his ways. I want you to pay attention to those words do no iniquity. Now, if you just read this by itself out of context, it can seem incredibly intimidating because literally the emphasis is do no sin if you just read it that way. But you got to read the whole thing to see this clearly. So, you see the emphasis is on direction. On direction. And it means that those who are led by the spirit consistently and intentionally choose the course that God has paved for us. Namely that the situation is not walking into sin but walking to him.

There are two paths here. The one that is wise fears the Lord. That is you're coming into his presence and respecting him. That's what the word fear is. You respect his word and you find sin as disrespectful to him. So that's what we're seeing here in this idea of when you are pursuing him, you are in fact doing no iniquity at the same time. And so by committing your life to God's guidance in his word according to the truths that preserved them for your righteousness and for your love for him. You are recognizing that this walk as it said here in his ways is an ongoing lifelong relationship that requires daily dependence. Daily dependence. Remember, we're weak. You see, as a child of God, if those words are not coming out of you that you are daily dependent, you're off. You're not on the path that God has laid for you, you have to see your weakness on a daily basis. And you got to recognize you depend upon him every single day. And when you recognize that on your life journey, his mercy is ever ready. New mercies every morning as Lamentations puts it. But that mercy can only be received if we're knowing that we need him. We need his mercy every morning on this journey that we are on.

It's not a static moment in our lives. No, we are going through all different seasons. As I mentioned and we need to be with him through the mountaintop to the valleys as Psalm 23 puts it. The Lord knows where we are specifically on our journey. But are you recognizing him in our journey? That's the key.

And so what I want us to focus on on this particular passage beyond what I just shared is that the psalm begins by speaking generally about others. But here we're going to see more and more the intensification of this personal walk, this personal relationship with the Lord. And you're going to see this through these stanzas that you're going to see the psalmist moving closer and closer to God. And this path is defined here in a very heartfelt way. You can almost sense the psalmist's heart pulsating to wanting to be close to his Lord. You know, it's a wonderful thing when you love somebody. What does love do? It

attracts us together, doesn't it? And that's a picture of the psalmist. He just wants to be close to him. It's all that matters because when he's with us, he's going to take care of us through all the situations. And so he begins with this understanding of God is the one that truly gives the soul the true blessedness.

But then let me just share what we see in Psalm 119 is a greater depth of what we saw in Psalm 1. Now I know this was not part of the series of Psalm 1, but Psalm 1 introduced us to the blessed life. It was just an introduction. But here in Psalm 119 at this particular junction of these verses, we're going to go now into the wisdom that is here that is in greater depth by when you follow truly God's word. Where does that lead to? It's good that we know the introduction, but where does that lead us to and greater love, greater of God's presence in our life, being able to live more purely and then not only his eyes, but in the eyes of those that we surround ourselves with.

That's where we're going. You see, when you face temptations or when you go through your week, whose path are you choosing? Whose path are you choosing? This is a good question to ask because that's the way scripture presents it. Your walk, which path are you wanting to walk? And God's word will always lead you into righteousness. Always. And he will always keep you away from sin. But you must make the reminder to your own self with God's word to place as it were his word as a lamp unto your feet and a light unto your path that he is the one that helps you to see clearly where you're going. So he's not only shows you the path to go but he lights up that path for you. And that's what it is referencing here in this passage.

So now we see the path we're walking. Now let's look at verses 4 and 6 and see the one that is diligently continuing to live according to the word of God. So while living by the book brings blessedness in verses 1 to 3, it simultaneously demands our submission to diligence. Meaning that we don't take the word casually or in a way that's lazy. That's what we're going to see here is that we must not treat the word of God casually. You must not treat it in a way that is looked upon as I'll just read it when it's convenient. No, it's this idea that you live in his word. You live in his word. We're going to see that in these verses. The psalmist turns then to face directly upward and addresses the Lord regarding his sovereignty. So he was addressing us and now he's addressing the Lord. Let's look at verse four.

Thou hast commanded us to keep thy precepts diligently. So let's stop there. Verse four, diligently. And notice the word keep is again appearing here in verse four. This verse shifts into the second person plural which he acknowledges God's supreme authority and he binds the responsibilities of the human conscience and the word precepts there refers to God's covenantal regulations what he has set forth for us to live by and he gives this absolute binding proclamation coming from the sovereign king commanding of his

subjects to hear and do. And so, just like a master requires of his servants and gives commands, notice the clarity of the text here. God has commanded us.

I want you to focus on that word commanded us. God does not issue suggestions, nor does he give us casual recommendations or optional ideas. No. Here what we see is he's saying these are non-negotiables when it comes to my commands. You don't negotiate with me. You listen and obey. You listen and obey and you do this diligently. Furthermore, he commands us to keep them diligently as I said. And that word diligent means to be thorough, to be complete, and not only that, but be zealous. You want to do this. Your heart has been transformed to hear his word and do hear and obey. Another way of putting it, God. So when you hear his voice, you want to obey. And so God is never pleased by a partial or convenient obedience. That's not what a true child of God is like. Rather, diligence means we are called to do what he commands, when he commands, the ways he commands, and where he commands.

Dwight L. Moody said this, "God did not give us the scripture to increase our knowledge, but to change our lives." We do not approach the text of scripture merely to win a debate with someone. No, we approach it to let it take full authority in the life that he has given to us in a transformative way where it affects all aspects of our lives. So when we examine our hearts with the word of God, when we diligently seek his word with full loyalty, you are by default not picking and choosing. You follow all his commands. You follow all his precepts. You follow all of his promises.

Get that into your heart because he doesn't want partiality with us. That is a great danger in many people where they pick and choose from scripture. What's easy comes easy to them. No, we need to also go to the hard parts of the text. We need to go where it hurts our pride, where it humbles us. And not just once in a while, but mainly all the time so we can depend upon him on a regular basis. You see, we want to get past just the easy parts of the Bible. Amen. We want to go to the parts where it really deals with areas that we need to mature in, where we need to let go and let the Lord God control our lives in all aspects of our lives. Because by ignoring all of his commands, we can miss opportunities for forgiveness of others. We can miss living in a way that's integral to our financial stewardship. We can miss opportunities to give words of purity of good. Those are moments that we don't want to take away from our own selves and to be a blessing to others.

See, God demands diligence. He demands compliance because it is his design. He put it here for a reason, not for us to just skip parts of the word of God. No, he puts it every word for us and our serious admonition. And so if you go now to verse five, verse five says this. Oh that my ways were directed to keep thy statutes. Here we see the psalmist now praying with the word oh. This word is desperation. Desperation. You can see it with

the exclamation point at the end. His heart at this stage is he's giving himself an honest assessment and he sees that to follow all of God's commands in the strict sense to be diligent it naturally breaks down human pride and he's basically at this stage he's being confronted with this pride he's saying I want to do all your commands, but it's going to break me. Oh, help me. Oh, he says, "Oh, that my ways were directed to keep thy statutes." Do you see that desperation in the cry of the psalmist? You see, he erupts in a cry. And this is good desperation.

He confesses, "Lord, I see it. I see your standard. It is high. I see and I look at it according to myself and I go, there's no way I can do this on my own. That's the tension of this verse in his prayer. And he recognizes his own weakness at this stage and his inclination to pray. Is that how you go to God when you're dealing with a difficult situation? Do you go immediately to prayer and go, "God, this is too difficult. I need your help. Is it a desperate cry? Or is it, oh, I think I can just do it myself. Oh, I don't need to pray. Oh, I don't need to go to the word of God. That is not to be found in any believer. This verse exhibits the marks of a genuine confession. Absolute honesty of one's own shortcomings. And it's an intense prayer, explicit desire to remain steadfast. So the psalmist openly surrenders his own self-sufficiency here. He acknowledged that his own willpower alone is insufficient to walk in holiness.

Consider your own path. How many times have you tried to beat a sinful habit or tame an angry tongue or subdue a lustful thought or walk out of an ungodly relationship purely on your own strength? How did that work out for you? I can assure you it failed every single time in your own strength. So, but we don't just need a staff to lean as we walk this path. We desperately need the rod as well. We need to be brought back to see our insufficiencies and to point us back in the direction to be guided and steered by the very Lord, the Lord Jesus. We have stubborn hearts, don't we? We still want to try to do things in our own ways. And we got to constantly remember Psalm 23 where the psalmist says, "Your rod and your staff, they comfort me." Do you take discipline as comfort as for believer it is comforting? Because we don't want to go back to our old ways. We don't want to depend upon our own sufficiency. We want to depend on him as all sufficient for all of our needs. Amen.

So the application for us is to have this kind of healthy desperation in our prayers as the psalmist does here. He doesn't want to pretend that he can live the Christian life in his own strength and his own flesh. And notice the tension also not of desperation only but also frustration. Do you see it in the psalmist in the way he cries out in his prayer here? He cries out to God in humility with the expression oh it's combined with this frustration Lord I want to do this but I can't do this in my own strength and so he surrenders and this tension in the end as we all do we are to surrender ourselves to our own personal strength and our thinking of what we can do about this situation and depend completely and yield

to the Holy Spirit. That's the only way that we're going to continue to stay directed on the steps ahead. Sometimes you just got to get out of the way. Amen. That's what that word yield means. It means you just let the spirit of God go ahead and lead you.

And so now we break off the tension. And now we go into verse six. And let's read it together. You read it silently. It says here then shall I not be ashamed when I have respect unto all thy commandments. Here we see the psalmist provide this wonderful promise of God that when a life is completely oriented by scripture is a life entirely free from being ashamed being confused. Get that? We all don't want to feel ashamed. We all don't want to live in a life of confusion, right? And so we see this psalmist break free from the prayers to this promise. He doesn't want to stay ashamed. He doesn't want to feel confused. You see, sin always produces shame, right? It tortures the mind. It darkens the heart. It destroys your life.

But the respect for all of God's commandments here in this text is not only for our admonition, but it's to keep our conscience clean. And how do we do that? Is this unshakable confidence that we must again look at all of God's commandments. All of God's commandments. Well, I want to nuance this because obviously this is the Old Testament. We're not particularly paying attention to all of the old commandments here, but rather what did Jesus say in Matthew 28:20? That you may observe all my commands. That you may obey all my commands. And what does he say? I will be with you always, even to the end of the age. And what is commands? It is the great commandment to love thy God with all thy heart, soul, mind, and strength. And then to love your neighbor as thyself that all the commandments are rolled up into these two. And he says as well in John where he talks about if you love me, keep my commandments.

You see, we face a time of disrespect in many areas of life. There's one area as a Christian, you must always remind ourselves the importance of respecting God's word. It is vital to our lives because it helps to cultivate a healthy fear. Again, that word fear according to God's word is reverence, respecting God, namely in his word. That takes away the crippling shame and confusion because his commands are clear, aren't they? It's straightforward. It's not something like, "What does that mean?" You don't ever address his commands that way. Love thy God with all thy heart, soul, mind, and strength. Love thy neighbor as thyself. It's straightforward. It's clear. And so, when we hide these words into our lives, he will be present. Again, that's what's the key here, that he is present in our lives.

And you know we see so many things in this text but we need to move on to verses seven and 8. So now we go into the display of living according to God's word. Let us look then at verse 7 where the psalmist now is going to outline a life of true devotion and what it

looks like on the outside. So all of it at this point was something happening in the inner man here in verse 7 and 8 is what's displayed on the outside when we live according to God's word. So these are the two public exaltations. Let's go with the first one. He says here, I will praise thee with uprightness of heart when I shall have learned thy righteous judgments.

Here I want you to see I will and then when I shall. It's a promise here in this word in this verse and it's speaking about when one is living in authentic devotion to God's word he will always manifest a lively life of praise. That's the outcome. Are you living a life of praise? What has God done in your life in the past? That's what praise is. You see, notice carefully that this praise is an act of consecrated life, one devoted to his God's word and ultimately in the Lord. That it's not a fleeting emotion. By the word the psalmist puts here, I will praise you. Praise you. It literally is saying in a future tense, I will do this. He's giving a vow here. He's giving a vow to God directly. I will praise thee. It's a very intimate thing. He is vowing to God himself. It's wonderful and he promises in the highest form of worship. Notice it says upright heart. So we went from a whole heart to now an upright heart which is the highest form of praise where the lips and the inner life matches perfectly.

What you're sharing externally is what's happening internally. Don't you want that kind of life where genuinely expressing what's going on in the inside in the inward man? So notice the trigger this praise does. It says when I shall have learned thy righteous judgments. You see many times in our doxology we tie it to our theology meaning God who he is to God's word and so when it comes to sincere worship it flows directly out of doctrinal truth. John 4:24 Jesus said this, God is a spirit and they that worship him must worship him in spirit and in truth. So given this part of what the Lord Jesus Christ says about our worship and tying it to this part of the verse, emotions and feelings are not the primary basis of our response to God. What is our primary response to God? It must not be divorced from scriptural truth. That's what we see here in the part of the text because if it's divorced from truth, it is unacceptable to God. God doesn't want to hear it. So no matter how sincere it looks, if there is no truth, not acceptable to God. That's what that word uprightness literally means. And it literally means here that when I have learned thy righteous judgments. He has put in the truth into his worship. He's learned it and he's now sharing it in worship.

And so that's the idea here in this text. So we cannot praise right until we have learned his word. Another way of putting it. And so to go into worship, we must go deep in scripture. In order to go high in worship, uprightness, we must go deep in scripture. So when we sing songs of praise here at our church, it's not merely a lip service to God. It's grounded in a heart that wants to flow with the highest affection, grounded with God's truth, and that is a picture of true praise and worship. Those must go hand in hand. So, what does

that mean? You see, this whole time we've been talking about the inner working of the man of God or the woman of God. The sitting in the word of God, the deep wells of being drunk of the word of God, being close in communion with God changes and transforms this truth into praise and something that happens externally. And that is the greatest place you can be where you're genuinely experiencing the word of God expressed with your lips. It's a wonderful thing that we get to sing of God's character. We get to sing of God's promises. We get to sing of God's commands. What a wonderful thing that we can do with our lips that we can give actual thanksgiving to God and he will receive it. He will receive his word that was given to us.

All right, let's go to now verse eight. This is where we're going to land tonight. Verse eight, he goes on and says again, I will keep thy statutes. Oh, forsake me not utterly. Wow. Notice I will keep and then again the expression oh. This final verse of the stanza contains a paradox. It perfectly blends a heart that is yielding to God's absolute word of God statutes and then at the same time dependent on his grace. It starts with an unconditional vow of obedience with the words, I will keep thy statutes. The psalmist knows that just mere hearing of the word is empty. That's not enough. That knowledge is not enough without obedience. That it's dangerously self-deception to live in that way. And so he draws our attention in this part of this verse that's very important and he gives it in the most bold statement to combine what he just said all the way from verses 1 through six to verse 7 and then now verse eight. This is accentuating everything that was just said in this one verse.

He looks at his own human frailty and cries out in desperate request with that word oh. In the same breath he is praying oh forsake me not utterly in the same breath as his vow. Amazing. You see that's what I call constant dependence. You don't see any gap here. As he's giving this vow, he's going, I can't do this. In the same breath in his vow. That's where we want to be, brothers and sisters in Christ. That kind of connection with the Lord in our reading of scripture and of prayer under the same breath that you can read and pray, read and pray, read and pray. He recognizes that he cannot live out of his spiritual vows in his own wisdom, his own power or his resources. That true obedience always hinges entirely upon God's sustaining mercy. This verse sums up mercy. Mercy to understand and to be in the presence of God and mercy that he will hear our prayers and answer them.

So I want to end with this resolve within your own soul that this is the life of obedience that true obedience is lived out the way the psalmist has explained it to us in this psalm that obedience looks continuous. It looks like complete dependence. It looks like I need his presence every moment. It is seeing that he is the assurance that we need day in and day out. That what God has begun in us, the good work that he will complete it until the day of our Lord Jesus Christ. We see in Philippians 1:6. You see, brethren, he will never

forsake us. It's done. It's already been said. Now live it and live it in more depth, in greater praise, in more prayerful consideration. And when you do this, this stanza is no longer just words on ink and paper. It's the very presence of God in your life. And it becomes now your prayer, becomes your praise. It becomes the word of God that has been grafted into your heart that you may not sin against him. And this is the display of a human soul wrought in Christ. May you have continual fresh unyielding commitment to have this kind of diligent walk in the word of God. Because when you're going through heaviness, when you're going through exhaustion, when you feel like life is almost suffocating you, the only way to break free from any of those situations is not to wander off and think you can take care of yourself. Is to stay on the path that God has placed you in. And how do you do that? This path points us to the cross. Always points us to the cross. He did the work on our behalf. Always remember that. That will always bring you back to your first love. And you will give praise in ways that you'll be able to really rest in him. That's what you want to go.

Let's pray. Father, we thank you for giving us this time to soak in your word to the very soul to penetrate to the deepest parts where we feel father many times alone. Our sinful nature keeps coming back and back and it truly is a restless condition. But we can only find rest in you as Jesus promises that all you that labor and are heavy laden will give you rest for your soul. Help us to rest in him continually and we'll truly thank you for all the mercy you give us each and every day. In Jesus name.