Heart Health Series:
Animate My Heart (Psalm 69:32-33)

By
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At A Glance:

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These sermon study notes are designed to be a tool used after listening to the sermon. This resource is a guide to help deepen understanding regarding the Scriptures and ideas presented in the sermon. Those who use these study notes are encouraged to look up, read through, and think about Scripture references in this guide. There is more information in these notes than what is presented in the sermon. These study notes are designed to be used as an independent study tool to help the formation of Biblical convictions, character, and conduct.

Animate My Heart

I. Introduction

A. Illustration: Wave Pool Experience

1. When I was a young teenager, our family visited my dad's sister in Kansas City. While there, we spent a day at Oceans of Fun, where I got the worst sunburn I've ever had in my entire life.
2. During our day at the waterpark, we went to the large wave pool. This is a pool that has the capacity to create artificial waves that flow throughout the entire pool. I had never been in a wave pool before, so I didn't know what to expect.
3. The wave pool looked like fun, and I was generally a good swimmer. I'd taken lessons and could easily pass all the swim tests necessary for pools and summer camps. When I entered the wave pool, I went to a place where I wasn't too deep since I wasn't familiar with being in a wave pool, but deep enough to where I couldn't touch the bottom.
4. When the waves started, they began small and slow. The longer the machine kicked out waves, the bigger the waves got and the quicker they came. Surprisingly, I suddenly found myself out of rhythm with the incoming waves. Instead of riding the waves, or coming to the surface in between the waves, I found myself struggling to get back to the surface to catch my breath.
5. I stayed under the water for several waves in a row. I had to really work to get to the surface to take another breath, and I could only get my face above the water, take a quick breath, and then find myself underwater again. It was an odd feeling with so many people all around me.
6. Eventually, I was able to make it to the side of the pool, underwater, and pull myself up and out of the water, but there were moments when I wondered if I was going to be able to make it back to the surface. At one point, I wondered if a lifeguard was going to see me and help, but with all the people in the pool, it appeared no lifeguard saw me struggling.

B. Sometimes, life can feel like that wave pool. Situations and problems can keep coming at us, perhaps with a few breaks in between. At other times, the difficulties and issues seem to keep coming at us so fast that it is hard to keep our heads above water. We can feel like we are overwhelmed and struggling to get to the surface so we can take a breath. We can feel as if we keep sinking deeper no matter how hard we work to get ourselves out. If we have ever felt this way, we can relate to David's prayer found in Psalm 69:32-33.

C. Faithfulness to God can and does make life more difficult because of the hostile responses of others. The waters of hostile people are threatening David, and he feels like he is in over his head (Ps. 69:15). David is praying to God asking for God to provide spiritual life to his heart so he can remain faithful under very difficult circumstances. He is being mistreated for living faithfully toward God (Ps. 69:9-12). Like David, every person needs the Spirit of God to put

spiritual life in our hearts if we are going to be capable of doing anything that God requires of us. The Chrisitan life is impossible to live by human ability and strength alone.

II. Be Humble and Ask God for Help

A. Through David's example and prayers, we are learning what it is to be a person who lives their life in pursuit of the heart of God. Throughout this series, we observe David asking God to provide him with the heart characteristics that please God. David has asked God, through His Spirit, to create a clean heart with him, to search his heart, to give him an understanding heart, to cleanse his heart, and to grow and strengthen his heart.

B. In our seventh prayer, David is looking to God to find the comfort and sympathy he couldn't find with other people (Ps. 69:20). David is afflicted and in pain (Ps. 69:20). He is hoping God is going to answer him by rescuing David from his present circumstances as well as deepening David's experience of the spiritual rescue of salvation. David is going to worship God for all the good He has done for David. In writing this prayer, David is influenced by the Holy Spirit to write Scripture. Remarkably, through his own situation, David predicts and accurately describes the experience of Jesus as the One who provides the greatest spiritual rescue provided by God the Father—what is regularly called salvation.[1]

C. It is in this situation that David prays:

> [32] The humble have seen *it and* are glad; (Ps. 69:32)

D. Those who have the character trait and are characterized by humility feel happy and joyful at what God is doing for them ("The humble have seen it and are glad", v. 32).[2] What did the humble see? God's salvation (Ps. 69:29). The salvation that is in view is not God rescuing them from their current difficulties or the challenging situations of life (although that is what David is hoping for). It is a spiritual salvation of the humble person's soul and God's work in their life as a result. David describes his situation as being exhausted from crying to God (v. 3). He is afflicted and in pain (v. 29). He is disgraced and dishonored (v. 19). All this mistreatment is happening because David has been faithful in doing what God wants (vv. 7, 10-12). He is hated without cause (v. 4). David has even experienced problems within his family because of his passion for God (vv. 8-9). He is tired and brokenhearted (v. 20). Despite all these circumstantial problems, David is going to praise God with thanksgiving (v. 30).

E. When facing a difficult and overwhelming situation, David is humble enough to acknowledge and understand his own limitations. He prays to God, reaching out for God's help. Living faithfully toward God is making David's life very difficult. Other people are hostile toward him. Life is hard and he is feeling overwhelmed. Living a faithful Chrisitan life requires God's resources and help. The Christian life is so difficult that it can't be carried out successfully by human ability alone.

F. If our attitudes toward God are going to be healthy, we need to be humble enough to admit our own moral and spiritual limitations. If we don't spend time in God's word, we will not think the

[1] This Psalm is one of the most quoted in the New Testament because of its clear and multiple references to Jesus as the Messiah. It is right up there with Psalm 22 and 110 as one of the most Messianic Psalms. James Montgomery Boice, *Psalms 42–106: An Expositional Commentary* (Grand Rapids, MI: Baker Books, 2005), 568–69. Psalm 69 is referenced in Matthew 27:34, 27:48, Mark 15:23, 15:36, Luke 23:36, John 2:17, 15:25,19:29, Acts 1:20, Romans 11:9, 11:10, 15:3.

[2] Logos 10 Bible Study Software Exegetical Guide on Psalm 69:32 "The humble" and "are glad"

way God wants us to. If we don't spend time with God, we will not love Him the way we should. If we don't rely on the Holy Spirit, we will not react in God-honoring ways to difficult situations. If we don't ask God to change us, we won't develop the character we need to be the person God wants us to be. If we don't recognize how much we have been forgiven, we won't be patient, gracious, and forgiving with others. At every turn in the Christian life, we run into our own limitations.

G. Individuals who are humble enough to engage the Christian life with a constant awareness of their need for God's help will grow, become spiritually healthy, and move toward maturity. God teaches the humble His ways.

H. Without being humble, the Christian life can't even begin according to Jesus:

> [3] and said, "Truly I say to you, unless you change and become like children, you will not enter the kingdom of heaven. [4] So whoever will humble himself like this child, he is the greatest in the kingdom of heaven. (Mt. 18:3-4)

I. Notice that people need to move from a place of pride to a place of humility to enter the kingdom of God ("unless you change and become like children", v. 3). No one starts life with a humble attitude[3] (like a teenager who is convinced they are smarter than their parents). If a person is to become humble, they must first recognize their need for change. Once a person changes and becomes humble like a child, they are in a position where entering the kingdom of God becomes possible ("you will not enter the kingdom of heaven", v. 3).[4] Anyone who thinks they are too smart or too good for God will never enter God's kingdom. Anyone who refuses to admit they are morally broken and create bad actions will never enter God's kingdom (Hos. 5:15). Anyone who is convinced they can go through life successfully by their own abilities will never enter the kingdom of God.

J. Those who maintain humility throughout the Christian life are the most successful and greatest people in the kingdom of God ("whoever will humble himself like this child, he is the greatest in the kingdom of heaven" v. 4). Pride is one of the most destructive influences against progress in the Chrisitan life. Like Jesus, the humble spend their lives serving rather than being served (Phil. 2:1-8, Mt. 20:28). They are willing to suffer for the benefit of others.

III. Seek God by Spending Time in His Presence

A. Once a person is humble enough to recognize their need for God, His ability to rescue their soul from spiritual danger, and provide them with spiritual life, their life can't help but change directions. Anyone who is truly humble and reaches out to God for help the way David did will develop a lifestyle of pursuing God.

B. Those who experience God's salvation are happy and rejoice in it while they become this type of person:

> [32] You who seek God, (Ps. 69:32)

[3] Jesus is using the example of a child as a metaphor of humility because children recognize their need for adult assistance. A child is humble in the sense that they naturally depend on a parent for survival with an attitude of trust.

[4] Humility is required but a humble person must also believe in Jesus too (Mt. 18:6).

C. Humble people who rejoice in what God has done in their life will respond to God's goodness to them by seeking Him ("You who seek God", v. 32).[5] To seek God means to try to get or reach God who is desired.[6] Seeking God means to have a specific desire for God within our soul.[7] It is a strong desire that consumes our entire being and life (Dt. 4:29, 6:5, 10:12, 2 Chr. 15:12, Ps. 119:2, Jer. 29:13, Mt. 22:36-37). Humility and pursing God are inseparable (Zeph. 2:3). It is impossible to have one without the other. Pride and self-sufficiency are also inseparable and are the contrast of humility and seeking God. Pride keeps us away from God, while humility draws us near to Him. Jesus described seeking God as striving to enter the kingdom of God through the narrow door—seek God through intentional effort (Lk. 13:24).[8]

D. What does it meant to seek God? God Himself tells us what He means:

> [4] One who has clean hands and a pure heart, Who has not lifted up his soul to deceit And has not sworn deceitfully. [5] He will receive a blessing from the Lord And righteousness from the God of his salvation. [6] This is the generation of those who seek Him, Who seek Your face—*even* Jacob. Selah (Ps. 24:4-6)[9]

E. If anyone is going to seek God, they need to understand that pursuing Him requires a lifestyle—a way of living—and a way of worshipping. The lifestyle is seen in how a person acts ("One who has clean hands", v. 4) and what a person's character is made of ("and a pure heart", v. 4).[10] This is like Jesus' statement (Mt. 5:8). To use Community Alliance Church's language, God is talking about character and conduct. Seeking God involves inner holiness and outward righteousness.[11] Those who seek God and are allowed into His presence are clean on the inside and the outside. How a person lives day in and day out is a way to seek God. Living obediently to the word of God helps us seek Him.

F. Seeking God also requires a particular way of worshipping God ("Who has not lifted up his soul to deceit", v. 4) We can't worship other gods or have attitudes of affection that are stronger than our love for God (Ezek. 14:4, 20:16). This statement is a reference to worshipping idols. We can't seek God by worshipping through false religions or expressing false (disingenuous) commitments to God. We can't worship what is deceitful or try to be deceitful in our devotion and love for God.

G. A person who seeks God also has healthy and honest relationships with others ("And has not sworn deceitfully", v. 4).[12] Those who seek God speak the truth to others and operate with integrity in their relationships. They don't pretend to be kind when in a person's presence and speak or act with hostility behind a person's back. Seeking God is a holistic life response to God that impacts every area of life, including how we interact with and treat others.

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[5] Romans 12:1-2
[6] Logos 10 Bible Study Software Exegetical Guide on Psalm 68:32 "seek"
[7] 2 Chr. 12:14, 19:3, 20:3, 30:19, Ps. 105:3
[8] Peter agreed with Jesus on this and said what immediately follows faith is strenuous effort ("diligence") in 2 Peter 1:5.
[9] Another description of seeking God very similar to this one is found in Psalm 15:2-5 (2 Chr. 7:14, 2 Chr. 14:4).
[10] Isaiah 51:1
[11] James Montgomery Boice, *Psalms 1–41: An Expositional Commentary* (Grand Rapids, MI: Baker Books, 2005), 217.
[12] Some think that this a reference to making dishonest oaths to God as a part of false worship rather than not telling the truth in relationships. Either understanding is possible. Given the similarity with Psalm 15:2-5, the relational aspect seem the most likely.

H. Notice where all this effort of pursuing God is leading to: God Himself ("This is the generation of those who seek Him, Who seek Your face", v. 6). To seek God is to have the desire to metaphorically stand face to face in the presence of God. Those who seek God have a strong desire to draw near and be as intimate with God as they can possibly be. David understood this and lived his life this way.

I. David's example exemplifies what it means to seek God:

> [4] One thing I have asked from the Lord, that I shall seek: That I may dwell in the house of the Lord all the days of my life, To behold the beauty of the Lord And to meditate in His temple. (Ps. 27:4)[13]

J. The strongest passion and highest priority in David's life was spending time in the presence of God ("One thing I have asked from the Lord, that I shall seek: That I may dwell in the house of the Lord all the days of my life", v. 4). The house of the Lord, the tabernacle and temple, was the place God chose to make His presence known and available.[14] To seek God's house is to seek the presence of God (or as it is frequently put, "God's face").[15] Those who seek God want to be in God's presence as if standing face to face with God. This desire was never satisfied. David could not get enough time to spend in God's presence.

K. As David spent time in God's presence, He wanted to see, experience, and learn more about who God is ("To behold the beauty of the Lord", v. 4). David knows how wonderful God is. No one else can compare with Him. God being a magnificent person captures David's attention. David takes delight and pleasure in focusing on who God is. God displays perfect beauty in every area of who He is (Ezek 16:14, Mt. 5:48); everything good that is appealing and desirable can be found in God.[16] God's beauty and majesty include His honor and strength, greatness, power, glory, justice, righteousness, holiness, light, wisdom, etc. God's beauty is why He is worthy of worship (Ps. 29:2).

L. David was constantly turning his mental abilities and focus to God. He spent time reflectively thinking about God ("And to meditate in His temple", v. 4). Thinking about God and what He has done, all His actions described in His word, is a passion of David (Ps. 143:5). David thinks about God before bed (Ps. 63:6). David thinks about "the glorious splendor of Your [God's] majesty" (Ps. 145:5).

M. Turn your attention to seeking God with all your heart (2 Chr. 20:3, Dan. 9:3). This is the core message of the Bible—both Old and New Testaments. If you don't desire this right now, ask God to give you this desire and to strengthen it. Ask for God's help. Spend time in the presence of God thinking about Him regularly—ideally daily. Follow David's example. The Holy Spirit can change your heart so that spending time in God's presence becomes the strongest passion and highest priority of your life. Spending time with God can become the greatest source of happiness and joy in your life.

[13] David described what seeking God looks like for his son Solomon (1 Chr. 28:9)
[14] Deuteronomy 12:5, Ps. 48:2-3, 50:1-2
[15] Ps. 27:8
[16] Norman Geisler, *Systematic Theology Volume Two God Creation* (Minneapolis: Bethany House, 2003), 233-245

N. Not wanting to develop a strong desire to spend time in God's presence should be a huge spiritual red flag. We won't be spiritually healthy without this desire and habit firmly in place as the core element of our Christian life. It is hypocritical to claim to love God while at the same time never spending any time with Him as a normal part of our everyday life. If we don't desire to be in God's presence and find ways to spend time with Him—especially through Bible reading and prayer—we don't really love God. Imagine a husband or wife who claims to love their spouse but never desires to do anything with them. This is self-deception. Using the spiritual fruit of desiring to be in the presence of God to assess the depth of our love for God, some people may discover they don't love God as much as they think they do. This isn't intended to be a criticism, but as an encouragement to do better for your own benefit. The more time we spend in the presence of God, the healthier our soul will become and the happier we will be.

IV. Find Spiritual Life in God

A. If we are humble enough to experience and find joy in God's salvation while we live a lifestyle of pursuing the presence of God, God will provide us with spiritual life and pour that life into our heart and soul. This is the result David is expecting from his prayer.

B. Here is the outcome of humbly seeking God:

> [32] let your heart revive. [33] For the Lord hears the needy, And does not despise *those of* His *who are* prisoners. (Ps. 69:32-33)

C. God makes David's heart have life and be alive ("let your heart revive.", v. 32).[17] This is clearly not physical life since David already has that; spiritual life is in view. Remember, David's situation is extremely difficult and his faithfulness to God has created hostility with others. How does God give life to David's heart? David is assured that God is listening to and hearing his prayer ("For the Lord hears the needy", v. 32). When a person belongs to God, they are never looked down on with contempt by God ("does not despise those of His who are prisoners", v. 33).[18] God hears their prayers with intention to respond—to do something about it.[19]

D. No matter how difficult our circumstances become, God never treats those who belong to Him in a mean way or in a way where He views us as worthless. Understanding who God is and how He works in our lives provides spiritual life to David's heart. David is encouraged knowing how God responds to his prayers. While David couldn't find sympathy or comfort with other people (Ps. 69:20), he found what he was looking for in God through prayer. In his profound pain and distress and the anger he has toward those who are doing him wrong, David turns to God.[20] Jesus reacted the same way during His earthly life (Heb. 5:7-10).[21]

E. David's heart being revived is essentially the same as not losing heart.[22] God is providing David with spiritual life in his heart so that David will not become discouraged, give up, lose hope,

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[17] Logos 10 Bible Study Software Exegetical Guide on Psalm 69:32 "revive"
[18] Logos 10 Bible Study Software Exegetical Guide on Psalm 69:33 "despise"
[19] Logos 10 Bible Study Software Exegetical Guide on Psalm 69:33 "hears"
[20] Tremper Longman III, *Psalms: An Introduction and Commentary*, ed. David G. Firth, vol. 15–16, Tyndale Old Testament Commentaries (Nottingham, England: Inter-Varsity Press, 2014), 265.
[21] James Montgomery Boice, *Psalms 42–106: An Expositional Commentary* (Grand Rapids, MI: Baker Books, 2005), 570–71.
[22] Allan Harman, *Psalms: A Mentor Commentary*, vol. 1–2, Mentor Commentaries (Ross-shire, Great Britain: Mentor, 2011), 514.

become depressed, or get disheartened. God is sustaining David's hope and confidence in Him. We all need God's help to navigate and respond to the difficulties of life in a healthy way.

F. Here is the proper attitude of the Christian life modeled by David:

> [16] Therefore we do not lose heart, but though our outer person is decaying, yet our inner *person* is being renewed day by day. [17] For our momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, (2 Cor. 4:16-17)

G. We are never alone, just as Jesus affirmed and demonstrated when He was going through an extremely difficult time before being murdered (Jn. 16:32). Even when the disciples didn't support Him as they fell asleep in the Garden of Gethsemane when He needed them, or when they ran away and fled when He was persecuted, Jesus knew His Father never left him alone. Remembering Jesus' example can bring us great comfort in painful circumstances (Heb. 12:3).

H. If you don't have anyone in your life that you are comfortable going to when you are hurting and overwhelmed, and even if you do, take your problems to God in prayer to find the sympathy and comfort you need. God will do for us what others are unwilling or unable to do. Through Jesus, we can find the mercy and grace we need to help us in our time of need (Heb. 4:14-16). If you are a child of God, you are never alone, even when you feel alone. Your feelings are deceiving you to believe something that isn't true. God is always with us, even in the darkest and most painful moments of life.

I. Whatever burden God asks you to carry, He will hear your prayers and pour life into your heart as you humbly seek Him.[23] You don't have to guess or wonder what God is going to do with your prayers. He listens with the intention of responding. He will do what is best—both wise and good. God will accomplish His good purposes through your pain. Having this knowledge and understanding of who God is, how He works, and how He responds to our prayers can refresh us in the midst of being overwhelmed by our life problems. The more we trust God, the more strength and spiritual life we will experience.

V. Conclusion

A. The most important element of the Christian life is to seek God with all our heart and spend time in His presence. Without this, the Christian life will be a miserable struggle to force yourself to do what God wants. With this, the Christian life will be a joyful, life-giving journey with God. Devote your attention to and develop a lifestyle of pursuing the presence of God. I promise you will be pleasantly surprised by the benefits that result.

B. Seek God every day and enjoy all the benefits that follow:

> [2] Yet they seek Me day by day and delight to know My ways, As a nation that has done righteousness And has not forsaken the ordinance of their God. They ask Me *for* just decisions, They delight in the nearness of God. (Isa. 58:2)

[23] James Montgomery Boice, *Psalms 42–106: An Expositional Commentary* (Grand Rapids, MI: Baker Books, 2005), 583.