

## Summer in the Psalms

### Habits of a Healthy Heart- The Word

#### Psalm 119 Context:

1. **The purpose of this Psalm is to celebrate God's word and instruction to his people.** It is used in Jewish tradition to celebrate Rosh Hashanah (which is Jewish New Year). This holiday is the first of a series of holidays called Yamim Nora'im, or in English 'Days of Awe.' Here is one verse commonly used in this celebration: *"The law of your mouth is better to me than thousands of gold and silver pieces."* Psalm 119:72
2. It's not a call to study the Scripture but rather a declaration and testimony of what happens when real life meets a real God.

#### Psalm 119:112 (NKJ)

*I have inclined my heart to perform Your statutes forever, to the very end.*

"Inclined my heart to walk in your Word to the very end."

- This is where behavior follows belief
- Inclined: inclination, propensity, default, bent
- An inclined heart is consistent, stable, and safe.
- Habits have the ability to shape who you are. We want our beliefs and behavior to come together with healthy habits. We are building a life, not just a look. Let's look at 3 ways the psalmist inclined his heart to the Lord.

#### James 1:22-25 (NIV)

*<sup>22</sup> Do not merely listen to the word, and so deceive yourselves. Do what it says. <sup>23</sup> Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror <sup>24</sup> and, after looking at himself, goes away and immediately forgets what he looks like. <sup>25</sup> But whoever looks intently into the perfect law that gives freedom, and continues in it— not forgetting what they have heard, but doing it—they will be blessed in what they do.*

### 1. Know What to Hate

#### Vs. 113

*I hate the double-minded, But I love Your law.*

Double-minded: *of two minds or souls; trusting in God while trusting in something else*

- **A Complicated Relationship (Love/Hate)**

#### James 1:7-9 (TPT)

*<sup>7-8</sup> When you are half-hearted and wavering it leaves you unstable (Greek: restless, disengaged) Can you really expect to receive anything from the Lord when you're in that condition?*

- Half-hearted doesn't just mean that God has part of us. It implies that we've given our hearts to other things.
- Why hate double-mindedness? Because it leaves you unfulfilled and insignificant
- The good feeling of these default attitudes/actions will only last for a season then they leave you empty and alone.
- When you know what to hate, you are stable, fulfilled, and engaged!

### **It's time to Un-complicate It (I love your Word)**

Double-mindedness is an indicator that I need to fall more love with the Word.

#### **Hebrews 4:12 (AMP)**

*For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-edged sword, penetrating as far as the division of the soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing and judging the very thoughts and intentions of the heart.*

- **Take Him at His Word**

#### **1 Peter 2:2**

*Like newborn infants, desire the pure milk of the word, so that by it you may grow up into your salvation,*

**Illust.** *Candy apples at the fair. An Apple is good for you but when you dip it in sugar, its nutritional value is diluted because of what is added to it. Many of us will read the Word, hear the Word, and then talk to people about the Word but then dip it in human viewpoint. (Keep me from worthless things Psalm 119: 37)*

#### **Matthew 5:8 (NKJV)**

*Blessed are the pure in heart, For they shall see God.*

**Illust.:** *Using 2 sheets that represent the heart, one with folds that holds dirt and one that is clean and inclined (spread out) to the Lord.*

- Pure heart (One with no folds and one with God's agenda)
- When you are pure in heart before God you can serve others with no hidden agenda
- More concerned about offending the Word of God than being offended by the Word.
- More concerned with not giving God all of me than offending family and friends with my radical devotion.
- I won't stand by and watch the Word be compromised, changed, dishonored. Culture trying turn God into a liar. The devil has been trying to do the same thing

from the beginning. There needs to be a generation that that says. “not on my watch.”

- Healthy Hate: racism, poverty, procrastination, indecision, sexism, anything less than God’s best.

### ***Ephesians 5:26 (NLT)***

*...to make her holy, cleansing her by the washing with water through the word,*

- Jesus is the Word and He is the cleansing pool by which we enter and come out transformed (down one set of steps and up another)

## **2. Know Where to Hide**

### ***Vs. 114a***

*You are my hiding place and my shield*

- Advanced Notice
  - Do you know where to run when challenges come, or do you run to the same enemy that is attacking you in effort to hide ?
  - This isn’t about a physical attack because it’s the places that we run to in our hearts that hurt us.
  - I know what to run to when I’m attacked. Decide in advance where you will run.
  - Hide and Seek (Don’t wait until the counting starts to decide where you will hide.)
- A Better Hiding Place
  - You can’t ask God to protect you from the enemy that you’re running to.
  - You can hide in plain sight when you hide in the Lord
  - Where you’re hiding has a lot to do with what’s hiding in you. (I will hide your Word in my heart)
  - What is your hiding place? We don’t hide in fear, we hide in faith. When we hide in other places, fear grows when we hide in God, faith grows.
  - The wrong hiding place will shield you from the power of change. (blame, low expectations, fake image, fear,)

### ***Psalms 91: 1-2 (NIV)***

*Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. <sup>2</sup> I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.”*

## **3. Know How to Hope**

### ***Vs. 114b***

*I hope in Your word*

Hope: a confident expectation of the future based on God's character and promises.

- Hope Fuel (The word)
  - Your lack of hope is a greater enemy to you than what the devil can do to you
  - My hopelessness about a problem is a bigger problem than my problem
  - "In your WORD": We challenge the Word with our experience rather than challenging the experience with the Word
- Active Hope
  - How do I feel today? No! What do I believe today?
  - It's not just what I have, it's something I do.
  - Hope isn't just a wish, it's a way of living, a decision to engage my faith
  - Hope puts its hand to work
  - Have you put your hand to what you are hoping for?

### **Hebrews 11:1 (NKJV)**

*Now faith is the substance of things hoped for, the evidence of things not seen.*

- Hope of the World

### **Colossians 1:27 (TPT)**

*<sup>27</sup> Living within you is the Christ who floods you with the expectation of glory! This mystery of Christ, embedded within us, becomes a heavenly treasure chest of hope filled with the riches of glory for his people, and God wants everyone to know it!*

- We know Jesus is the hope of the world but notice it is Christ in us that is the hope to the world
- If the enemy can still your hope, it short circuits the flow of the gospel through your life
- The world needs to see inclined hearts.

### **Response:**

#### **Psalms 19:10 TPT**

*"The rarest treasures of life are found in his truth. That's why God's Word is prized like others prize the finest gold. Sweeter also than honey are his living words— sweet words dripping from the honeycomb!"*

### **Live It:**

1. Start out every morning inclining your heart to God.
2. Read/Pray through Psalm 119 this week and ask the Holy Spirit to stir in your heart a greater love for the Word