

## Summer in the Psalms

### Habits of a Healthy Heart- Psalm 119

#### Psalm 119 Context:

1. **Psalm 119 is the longest chapter in the Bible with 176 verses.** It has a similar length to some of the Bible's shorter books like Philippians, James, or Ruth.
2. **Psalm 119 is in an alphabet acrostic.** There are 22 stanzas or paragraphs in this Psalm, one for each of the 22 letters of the Hebrew alphabet in order. Each of the stanzas has 8 verses which also begin with the same letter.
3. **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
4. Charles Spurgeon liked this Psalm so much, he said, "we might do well to commit it to memory."
5. 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.

***Blessed are those whose way is blameless, Who walk in the Law of the Lord. Ps. 119:1***

***How can a young person stay on the path of purity? By living according to your word. Ps 119:9***

***I have hidden your word in my heart that I might not sin against you. Ps. 119:11***

***Your word is a lamp for my feet, a light on my path. Ps 119:105***

***"I run in the path of your commands, for you have set my heart free." Ps 119:32***

#### ***Psalm 119:112-114 (NKJ)***

***I have inclined my heart to perform Your statutes forever, to the very end. <sup>113</sup> I hate the double-minded, But I love Your law. <sup>114</sup> You are my hiding place and my shield; I hope in Your word.***

***"Inclined my heart to the very end."***

- If we want real change, it must happen in our hearts
- It can't just be behavior, it must be belief
- God hasn't called us to act right, He called us to be right. "You are the righteousness of God in Christ Jesus." 2 Corinthians 5:21 (NIV) *God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.*
- The writer has seen and even experienced "performances." He determined to perform the Word.

- 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, creating a condition for completion!

## 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*

*All who fear the Lord will hate evil. Proverbs 8:13a (NLT)*

- Hate can be strong motivator to change (God so love the world that He sent Jesus but it is clear that God hated what sin did to His people.)
- I HATE the condition of double-minded. We must a make the decision...to KNOW what we HATE.
- (The word hate actually means "wish it did not exist". Like God, there should be things we wish did not exist, and as we grow in the Lord, our 'hate list' should look more and more identical to His.)

#### ○ A Complicated Relationship (Love/Hate)

**Ex. 2 Samuel 19- Joab confronts King David. Absalom (David's son who had rebelled) was dead and David turned the victory into a funeral. Absalom became David's enemy, but David loved him. "You love those who hate you and hate those who love you."**

- You hate what's trying to deliver you and love what's trying to destroy you
- Love how certain things feel for a minute but hate the crash. Hate how other things feel at first but love the benefits/results/outcome
- Sometimes before you can make a change, you need to hate "IT" (self-pity, insecurity, pride, arrogance,)

**Ex. It's like Reese's Cup. I love the taste but hate what it does to my waste. I love what it does for me but hate what it does to me.**

- It's the law of diminishing return, declining your heart

### 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)**

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

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

**Illustration:** *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.
- Reset our hearts to despise things so that we don't go back there.

### **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
  - How do I feel today? No! What do I believe today?
- Active Hope
  - 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:**

“You’re a student of my Word.” No I’m not. “You are, you just don’t know it yet.”

**Psalm 119:36**

*Incline my heart to your testimonies, and not to selfish gain!*

**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