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Go and make disciples!

E-votional 39

Strengthen My Heart

Psalm 119:32 (ESV),

I will run in the way of your commandments when you enlarge my heart!

The first thing that we need to know here is that the term heart means the place of understanding. With that being said, when the heart is strengthened or enlarged the person has literally been spiritually equipped to carry out the way of the Lord's commandments.

The psalmist brings out something I am sure all of us can pull from. And with what is said here, just a few verses before, we might also get a glimpse into the raw emotion that this entire passage was being written from. For example, look a few verses before at Psalm 119:28 (ESV),

My soul melts away for sorrow; strengthen me according to your word!

Now with this being shared, can you picture for a moment a time when your soul was absolutely crushed? Or when you were so burdened beyond strength because of your own failures that you felt like at any moment you would lose it all.

I know that I have. And probably more times than I would like to admit. However, this may not be the end for us or as bad a place as we think at the moment. In short, there is still hope child of God.

There are those moments where it seems like one day we are basking in the very Presence of God and yet another we despair of life itself. I heard one preacher call it the dark night of the soul. It is like a certain coldness has come over you and the warmth of yesterday disappears.

Something these moments should inspire in us is the fact that when we were basking in the very Presence of God that this was a gift from Him. The reason these moments of sorrow, if you will, can be a good thing for us is that they can

be used of God to show us that without Him we are absolutely nothing and can do nothing. This theme is echoed here in this Psalm as well as other places in Christian music and literature. One place I am particularly fond of is of a song by Bebo Norman that goes,

“Take these hands. And lift them up. For I have not the strength to praise You near enough. See, I have nothing, I have nothing without You.”

Sometimes even the very breath it takes to give God praise in those dark moments of life or the ability to keep His commands comes directly from Him and His Presence in our lives. If this is true, then we could all take a page from the Psalmist’s book when in Psalm 119:32 (ESV), he said,
I will run in the way of your commandments when you enlarge my heart!

I like Ellicott's (1905) commentary on this Psalm, where he said,

“Plainly the psalmist means that he will not only be able to walk in the Divine way but even to run in it when certain restraints are removed which now confine and check him.”

All in all, this means that this walk we walk daily is totally dependent upon God to give us the strength to walk in it. That means strength to praise Him and also the strength to be able to keep His Word. Oh the joy, hope, and comfort of knowing that we don’t have to do this in our own strength. More importantly, there is a level of security for the person who relies wholeheartedly on the Lord in this fashion. It is so easy to rely on our self in these trying times, but as we read in this psalm there is a sweet spot for the believer who chooses to rely heavily on their God.

Lord we literally have nothing without You. We fail to even keep Your Word without Your divine strength to do so. With this in mind, Lord have mercy on us. Stoke the fires in our hearts Lord, and give us strength to follow You and the desire to do so, for we at times have not the strength to praise You near enough. Set our minds on You in those dark and cold nights we go through spiritually so that we may receive strength from You and You alone. In Jesus name. Amen.

In Christ's Love,
Chris and Jeanne
Lights and Perfection, Inc

Norman, Bebo (2004) *Nothing without you*

Ellicott, Charles J. (1905) *A Bible commentary for english readers*, taken from <https://biblehub.com/commentaries/ellicott/>



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