

The Word on Our Hearts

Psalm 119

8/2/26

Psalm 1:1-2 *Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on his law he meditates day and night.*

Psalm 48:9 *Within your temple, O God, we meditate on your unfailing love.*

Psalm 77:12 *I will meditate on all your works and consider all your mighty deeds.*

Psalm 143:5 *I remember the days of long ago; I meditate on all your works and consider what your hands have done.*

Psalm 145:5 *They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works.*

I. Meditation defined:

A. To think over with the intent to do.

B. To ponder, personalize, and review.

C. To chew over and digest to gain nourishment.

Joshua 1:7-8 *Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

Q. Purpose for meditating on God's Word?

A. Obedience.

Q. When should we meditate on the Word?

B. Always.

Q. Result of meditating on God's Word?

C. Prosper/Succeed.

Deuteronomy 6:6-9 These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

II. Benefits of Meditation in Psalm 119.

A. Gives you an appetite for God's Word.

Psalm 119:15-16 I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word.

Psalm 119:48 I lift up my hands to your commands, which I love, and I meditate on your decrees.

Psalm 19:9-10 The ordinances of the Lord are sure and altogether righteous. They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb.

Matthew 5:6 Blessed are those who hunger and thirst for righteousness, for they will be filled.

B. Gives perspective in times of affliction.

Psalm 119:23-24 Though rulers sit together and slander me, your servant will meditate on your decrees. Your statutes are my delight; they are my counselors.

Psalm 119:78 May the arrogant be put to shame for wronging me without cause; but I will meditate on your precepts.

Hebrews 12:3 Consider Him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

C. Gives words of praise to worship God.

Psalm 119:27 Let me understand the teaching of your precepts; then I will meditate on your wonders.

Psalm 119:148 My eyes stay open through the watches of the night, that I may meditate on your promises.

Matthew 12:34 For out of the overflow of the heart the mouth speaks.

D. Gives power to resist temptation.

Psalm 119:9-11 How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.

E. Gives you Godly Wisdom.

Psalm 119:97-100 Oh, how I love your law! I meditate on it all day long. Your commands make me wiser than my enemies, for they are ever with me. I have more insight than all my teachers, for I meditate on your statutes. I have more understanding than the elders, for I obey your precepts.

Psalm 111:10 The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding.

Proverbs 3:1-3 My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.

How can you apply this lesson today?

- 1. Are you hungry for God's Word?**
- 2. Are you hurting today?**
- 3. Are you daily offering hallelujahs to God?**
- 4. Are you holding on to God's Word?**
- 5. Are you heeding the wisdom of the Word?**

Write it on my heart, till I can't forget it

Write it on my heart

Till it's as good as nailed in stone

I want to learn Your will

Till at last I let it become my own

So write it on my heart

(Scott Krippayne and Dwight Liles)