

Guard Your Heart

Psalm 119:1-16*

The Psalms are exquisite poetry, crisp theology, and stirring history, but they are far more than all that. Most of all, they are intensely personal. The Psalms meet us where we are, and take us to where we ought to be. The question for us today asks; 'Where do we go for guidance in life? To popular culture? Philosophy? Friends? Where? Psalm 119 reveals the answer to that question and challenges us to . . .

Purpose to have an undivided heart (1-8)

Three absolutes you can claim

Pose the fundamental question (9a)

Am I fit?

Prepare for heart health (9b-16)

Seven habits to develop

* These notes are prayerfully prepared to aid, not replace, your personal study of God's Word.

Measuring My Days

"Activity is often the anesthetic for a wasted life." —L. S. Chafer

"The unexamined life is not worth living." Take some time today to examine your life and evaluate your purposes and activities using Psalm 119:1-16 in conjunction with these questions.

1. What are the activities to which I am giving my time and my energy?
2. How do these activities fit into God's plans and purposes?
3. How have these activities benefitted my family and other people?
4. How is God involved and interested in my activities? (be specific)
5. What activities appear to be futile and pointless? In what areas do I seem to be constantly struggling?
6. Where have I seen the "wind of God" at my back? What inexplicable blessings have I seen appear in my life with little or no effort on my part?
7. What would my children (or others who know you well) say is most important to me? In other words, what are my values from their perspective?
8. What legacy am I leaving my children (or grandchildren, nieces, nephews, others)? List three godly principles you are instilling in others.
9. What dividends (or liabilities) do I see right now in the investment I have made in my children (or grandchildren, nieces, nephews, others)?

"Everything that is not eternal, is eternally out of date." C. S. Lewis

"Analyze priorities in light of eternity." L. S. Chafer