

Text : **Psalms 12, 19**

Title : **“The words of my mouth and the meditation of my heart”**

INTRODUCTION

- 1. Meditation in the Night (Psalm 4)
- 2. Meditation in the Morning (Psalm 5)
- 3. Learning how we may Improve Meditation
So that we can cope better with life’s many pressures (Psalm 12)

THE PRESSURES OF LIFE

- 1. The Problems of Life never go away
 - a) They come in many forms
 - b) Ultimately, they add unwelcome pressure to life
- 2. Pressure of life from the absence of godly people (Psalm 12:1)
 - a) The godly ceases
 - b) The faithful disappears
- 3. Pressure of Life increases with the presence of ungodly people (Psalm 12:2-4)
 - a) People who engage in idle talk (gossip)
 - b) People who speak with deceptive flattering lips
 - c) People who are insincere and have “double hearts”
 - d) People who are arrogant in their outlook of life

THE PROMISE OF THE LORD GIVEN

1. He will respond to Prayers offered

a) Asking for divine help (Psalm 12:1)
"Help, LORD"

b) Expressing a wish to God (Psalm 12:3)
*"May the LORD cut off all flattering lips,
And the tongue that speaks proud things"*

c) Telling God what the arrogant have said (Psalm 12:4)

i) "Who have said, 'With our tongue we will prevail;'"

ii) "Our lips are our own"

iii) "Who is lord over us?"

2. The LORD gives a precious Promise in response (Psalm 12:5)

a) The poor
"For the oppression of the poor"

b) The needy
"For the sighing of the needy"

c) Rising up
"Now I will arise"

d) Safety
"I will set him in the safety for which he yearns"

MEDITATION ON THE PROMISE OF GOD

1. A deep appreciation of the worth of God's Promise (Psalm 12:6)

a) Purity of God's word
"The words of the LORD are pure words"

b) Imagery of pure silver
*"Like silver tried in the furnace of earth,
purified seven times"*

2. Exercising faith that God would keep His word (Psalm 12:7)

a) Honouring the word
"You shall keep them, O LORD"

b) Preserving the word
*"You shall preserve them from
this generation forever"*

3. Unafraid of the Pressures exerted by enemies (Psalm 12:8)

a) The presence of the wicked
"The wicked prowl on every side"

b) The exaltation of vileness
"When vileness is exalted among the sons of men"

SOME WONDERFUL EFFECTS OF MEDITATION ON GOD'S WORD

Psalm 19:7-11

1. Meditating on the Law of the Lord results in "Converting the soul"

a) There is Change

b) There is Conversion of the Soul

2. Meditating on the Testimony of the Lord results in making "the simple wise"

a) We may begin simply

b) We end as wiser people

3. Meditating on the Statutes of the Lord results in "rejoicing the heart"

a) The heart need not stay burdened

b) It can rejoice greatly

4. Meditating on the Commandments of the Lord results in “enlightening the eyes”

a) The word of God opens our eyes

b) We are wonderfully enlightened

5. Meditating on the Word of God results in “the fear of the Lord”

a) This is a wonderful and correct regard of the Lord

b) There is a sense of reverence for God

6. Meditating on the Judgments of the Lord results in deeper appreciation that the word of God is “true and righteous altogether”

7. Meditating on the Lord’s word will cause us to desire it even more than “silver or gold”

CONCLUSION

1. Meditation is in part Praying to God

2. It is also contemplating on God’s Word

3. Meditation can bring forth wonderful results

a) Peace to the heart

b) Needed assurance

c) Dispelling fears