



## LIVING IN THE WORD "The Cry of My Heart" Psalm 119:169-176

No. 6578

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### I. The Cry of My Heart.

Let my cry come before you, O Lord; give me understanding. May my supplication come before you; deliver me according to your promise. Psalm 119:169 & 170

#### A. Can hearts cry? Oh yes!

1. Who hasn't tossed and turned all night worrying about a child who is passed her curfew or a marriage on the rocks?
2. Who has not wept their way through a terrible trouble that has been allowed to touch those we love?
3. Or what about permitted pain, job loss, grief when a friend doesn't know the Lord or does but is off track?
4. Who in your world is in trouble with the law or addictions, depression or straying from their faith like a lost sheep?
5. Who does not know "the cry of the heart?" David wrote: My soul is weary with sorrow; strengthen me according to Your Word. Psalm 119:28

#### B. Get me back on track.

I have strayed like a lost sheep seek your servant. Psalm 119:176

#### C. Help me to use the pain.

It was good for me to be afflicted so that I may learn your decrees. Psalm 119:71

#### D. I need to practice the precepts.

1. This has been my practice. I obey your precepts. Psalm 119:56
2. Practicing obedience sounds sort of forensic. Shouldn't I want to work on my relationship with God rather than have to? Shouldn't it be spontaneous?

### II. To Trust and Obey.

I run in the path of your commands for you have set my feet free. Psalm 119:32

#### A. Seek me.

I have strayed like a lost sheep. Seek your servant for I have not forgotten your commands. Psalm 119:176

#### B. Save me.

Before I was afflicted I went astray, but now I obey your word. Psalm 119:67

#### C. Steady me.

May your hand be ready to help me, for I have chosen your precepts. Psalm 119:173

### III. Shepherd Passages.

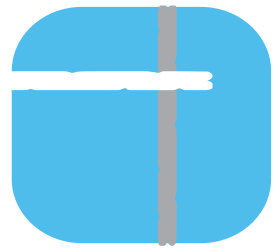
The Lord is my Shepherd I shall not be in want. Psalm 23:1(also Luke 15 & John 10)

#### A. The sound of His voice. John 10:1-16

1. Sure: All your Words are true. Psalm 119:160 & John 8:31
2. Safe: Great peace have they that love your law and nothing can make them stumble. Psalm 119:165

#### B. What does His voice sound like?

1. Word: Give me understanding according to your word. Psalm 119:169
2. Promises: Deliver me according to your promise. Psalm 119:170
3. Decrees: Your degrees are the theme of my song wherever I lodge. Psalm 119:54
4. Commands: Your word is a lamp to my feet and a light to my path. Psalm 119:105
5. Precepts: The precepts are right giving joy to the heart. Psalm 19:8
6. Laws: Your laws sustain me. Psalm 119:175



## IV. The Words of My Mouth.

- A. May my lips overflow with praise for you, teach me your decrees. Psalm 119:171
- B. I recount all the laws that come from your mouth. Psalm 119:13 & Deuteronomy 6
- C. May the words of my mouth and the meditation of my heart, be pleasing in your sight, oh Lord my Rock and my Redeemer. Psalm 19:14

## Conclusion.

### Discussion:

1. Read Ps 23. Which verse matches which words?  
Satisfies me, leads me, feeds me, restores me, accompanies me, heals me, protects me, anoints me, blesses me.
2. What is your favorite verse from today's lesson? Why?
3. Go over the outline. Meditate on it. Live in it! Enjoy!

### Prayer:

Use Psalm 19 and turn it into praise and prayer for yourself and others.