Hello Valley Heights Ladies! Reviewing our Jan. 24th Bible Study!

A quick look at “He” –Psalm 119:33-40 –The Word of God *HELPS us TURN AWAY from VANITY!*

This beautiful portion of Psalm 119 powerfully presents the psalmist’s prayerful petition to have an undivided and an undistracted heart! What has been clearly portrayed before us in the first 40verses of Psalm 119 is a person who is passionate for the Word of God. This parallels his passion to SEEK the One who can make him blameless, make him pure, give him counsel, deliver him from depression and to help him to turn away from vanity-------and turn to Jesus Christ Himself!! He desires TRANSFORMATION through the Word! He desires SANCTIFICATION through the Word!

 We’ve seen the psalmist walking, weeding, welcoming, weeping, and wanting! His heart is convinced that God’s Word will whittle away everything that will keep him from being wholly devoted to the ways of God, the wisdom of God and the will of God—in the midst of his afflictions!

In this ‘He’ portion, the psalmist is very intentional and focused; pleading with God to help him GROW and to live a CONSISTENT, Christ-centered, Word-centered life. Dr. Lawson and Dr.Barrick both point out that the first seven verses of this stanza use “CAUSATIVE VERBS” as the first word in each verse.

Awhile back I shared with you, that those of us who have taught English for years know that the VERB is the key word in every sentence! “Verbs make the strongest impact on our reading and listening! It is the VERB that gives life to a thought! Verbs have pulling power! They draw our attention like a magnet and show and create a visual picture for the reader---rather than simply tell!”

As women we need to pray as the psalmist did in Psalm 119:

Vs.33- “CAUSE ME TO LEARN…” Ps. 119:102, Eph.1:17

Lord, don’t let *what I already know about you* distract me from getting into your Word today!

Vs.34- “CAUSE ME TO HAVE UNDERSTANDING…” 1John 5:20

Lord, don’t let *my limitations and attention span* distract me from getting into your Word today!

Vs.35- “CAUSE ME TO WALK…” Luke 10:39-42, Jeremiah 6:16

Lord, don’t let *my wandering busy hands and feet* distract me from getting into your Word today!

Vs.36- “CAUSE MY HEART TO BE INCLINED…” Psalm 86:11 Ps.94:19

Lord, don’t let *my wayward thoughts and emotions* distract me from getting into your Word today!

Vs.37- “CAUSE MY EYES TO BE TURNED AWAY FROM VANITY…” Isa.3:16-24, Eccl.11:10

Lord, don’t let *my love for self (my hair, my weight, my skin, my teeth, my clothes, even my health…) along with selfish attitudes (ungratefulness, discontentment, worry, fear, anxiety, jealousy, anger) other’s approval, expectations, and temporal things* distract me from getting into your Word today!

Vs.38- “CAUSE YOUR WORD TO BE ESTALISHED…” Ps. 44:18, Ps. 107:19

Lord, don’t let *my doubts, my discouragements and my difficulties* distract me from getting into your Word today!

Vs.39- “CAUSE ME TO FEAR YOU RATHER THAN MY PERSECUTORS…” 1 Chron.21:13

Lord, don’t let *those who forget me, oppose me and talk about me* distract me from getting into your Word today! Psalm 119:161

Vs. 40- “CAUSE ME TO BEHOLD THE BEAUTY OF THE LORD…” Ps.29:2 Ps.27:4

Lord, don’t let ***anything cloud my vision of YOU*** and distract me from getting into your Word today!

This prayer is powerful, filled with precision, yet SO very practical, if we would only prepare our hearts daily! VICTORY over VANITY is a matter of the heart! Proverbs 31:30, Ecclesiastes 12:13,14

What is distracting you ladies from getting into God’s Word today?

What kinds of things are distracting you from sitting at the feet of our Lord today in prayerful reflection and mediation?

What kinds of things are in your life that have no redeeming value; not sinful in and of themselves, but keep you from walking His faithful path?

Charles Spurgeon beautifully writes: “Thou hast made me to love the way, now make me to move in it. His, a plain path, which others are treading through Thy grace; I see it and admire it, CAUSE me to travel on it. This is the cry of a child that longs to walk, but is too feeble, of a pilgrim who is exhausted, yet pants to be on the march, of a lame man who pines to be able to run.”

Lord, help me to turn away from vanity and run the way of Your commandments … ALL by the power of Your Holy Spirit!

Ladies, let’s leave a legacy and be a “sweet aroma” for our daughters and the younger woman in our church and community. May the Lord Jesus Christ and His WORD be our foundational passion----NOT the things of this world that are passing away! Let’s SEEK FIRST the Kingdom of God and His Righteousness…Matt.6:33!

Psalm 116:1,2 “I love the LORD, because He hears My voice and my supplications. Because He has inclined His ear to me, Therefore, I shall call upon Him as long as I live.”

May we never be women set in “OUR” ways, but always learning, obeying, delighting, striving, watching, longing, persevering and growing consistently in “HIS” ways! Prayerful, Oh, so prayerful!!!

1 Thessalonians 3:8 says, “for now we really live, if you stand firm in the Lord.”

Blessings,

Christyn

May the Lord continue to bless you as you continue to mine out wonderful jewels in the next portion of Psalm 119:41-48 “VAV!” Lord willing we will see you Tuesday, February 7th @ 9:15a.m