

Summer in the Psalms

Lesson Seven • Psalm 119:9-16

How Can I Stay Clean in a Dirty World?

WHY Does the Psalmist Address a “Young Man”?

A “Young Man” is...

- **PIVOTAL** in relation to his time on life.
- **INFLUENTIAL** in relation to his leadership potential.
- **TYPICAL** in relation to everyone’s life experience.

WHAT Needs to Be Cleansed and Stay that Way?

- **OUR HEARTS** and everything that flows out of it.

He said, “What comes out of a person defiles him. For from within, out of the human heart, come evil ideas, sexual immorality, theft, murder, adultery, greed, evil, deceit, debauchery, envy, slander, pride, and folly. All these evils come from within and defile a person.” Mark 7:20 NET

HOW Can All of Us Stay Clean in a Dirty World?

1. **ADMIT** that your heart is dirty.

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

- 1) **AGREE** with God about your sin. Be humble!
- 2) **ASK** God to forgive you of your sin. Be specific!
- 3) **ACCEPT** God’s forgiveness in Christ by faith. Be grateful!

2. **SUBMIT** your heart to the Lord.

- 1) A definite **DECISION** of my will.
“By taking heed according to Your Word.” (v. 9a)
- 2) A decisive **DIRECTION** of my heart.
“With my whole heart I have sought You;” (v. 10a)
- 3) A dependent **DESIRE** of my life.
Oh, let me not wander from Your commandments! (v. 10b)

3. **GUARD** your heart with God’s Word.

The only way to deal with future straying is by diligent guarding of your heart with the Word of God.

- 1) **READ** the Word!
“By taking heed according to Your word. With my whole heart I have sought You...” (vv. 9-10)
- 2) **MEMORIZE** the Word!
“Your word I have hidden in my heart, That I might not sin against You.” (v. 11)
- 3) **LEARN** the Word!
“Blessed are You, O LORD! Teach me Your statutes.” (v. 12)
- 4) **SHARE** the Word!
“With my lips I have declared All the judgments of Your mouth.” (v. 13)
- 5) **PRIORITIZE** the Word!
“I have rejoiced in the way of Your testimonies, As much as in all riches.” (v. 14)
- 6) **CONTEMPLATE** the Word!
“I will meditate on Your precepts, And contemplate Your ways.”
- 7) **REMEMBER** the Word!
“I will delight myself in Your statutes; I will not forget Your word.” (v. 16)

Delight yourself in these seven disciplines and you will guard your heart from straying and you will stay clean in this dirty world!

Let God Cleanse Your Heart with His Word!

- **ADMIT** that your heart is dirty this morning and let God deal with your past guilt and sin.
- **SUBMIT** your heart right now to Jesus for salvation **and** sanctification (set apart more and more from sin to God).
- **GUARD** your heart with God’s Word for the future.

*The best defense is a good offense!
What discipline will you commit to pursuing this morning?*