

Psalm 119: Nurturing Passion For God **Tell God The Truth About Your Heart** **Psalm 119:25-32**

Introduction

The book of Psalms is a collection of prayers for Israel to pray — so one of the best ways to learn to pray is to pray through the psalms.

Psalm 119 is the prayer of a man who is nurturing passion for God. So this psalm can teach us how to pray if we want to grow in devotion to God.

In today's passage the author mentions a crucial aspect of prayer that many believers neglect. You can see what it is by reading vv.25-32 —

What condition was the psalmist in?

His soul was clinging to the dust (v.25).
His soul was melting away for sorrow (v.28).
So he was overwhelmed with sorrow and discouragement.

What does he do when he is overwhelmed with sorrow and discouragement?

He tells God what's going on in his heart (v.25).
He prays and asks God to give him life (v.25)
He reminds God of how God has been faithful in the past (v.26)
He asks God to teach him the Word (v.27)
He commits to meditating on God's wondrous works (v.28)
He tells God more of what's going on in his heart (v.28)
He asks God to strengthen him (v.28)
He asks God to keep the false way, the lies of sin, far from him (v.29)
He again asks God to teach him the Word (v.29)
He appeals to God not to let him fall into sin (vv.30-31)
He tells God that he knows God will change his heart (v.32)

Why should we tell God what's going on in our hearts?

Because we see this throughout the Bible (1 Samuel 1:15; Psalm 102:4-8)

Because no matter our sin, through faith in Christ we can be assured of complete acceptance by God (Ephesians 2:8)

Because when we do this, God will answer us (Psalm 119:26).



HOME GROUP DISCUSSION OF SUNDAY'S TEACHING

(Sometimes in our home groups we talk about Sunday's teaching, so we can work together on responding to God's Word — asking questions, sharing insights, talking together.)

What do you usually do when you feel sorrow or discouragement? How is your approach similar to, or different from, that of the psalmist.

Which of the eleven prayers do you usually pray? Which of them do you not usually pray? Why is that?

What holds us back from telling God the truth about our hearts? Why should we not let those things hold us back?

Share about times when you told God your ways, and he powerfully answered you and changed your heart.

Which of the three reasons for doing this was most persuasive to you? Why?

What is the Holy Spirit saying to you through this passage?

