

RUSSELL SANDERS

11-13-2021

PSALM 19:14

WORDS AND THOUGHTS

Psalm 19:14 says, ***“Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.”***

Are the things you speak (words) acceptable to God, or do you speak negative things or angry words? Are they words that would not offend Jesus if He was standing next to you?

The meditations of your heart refer to the thoughts that dwell or linger in your mind as you go through the day. What kind of thoughts fill your mind or influence your heart (spirit)?

Philippians 4:8 tells us that we should be thinking (meditating) on things that are just, pure, lovely, or have a good report. That leaves no room for ill thoughts. Some thoughts may be “neutral” but should not be negative. If someone has deeply hurt you, do not dwell on the hurt. We are told to pray for their wellbeing and to forgive. Count their good traits instead of the hurt.

We should desire to live every facet of our life as being acceptable in the sight of God. The final line says, ***“Oh LORD (Jehovah-the full trinity), my strength...”*** “Strength in the Hebrew is “rock,” and Jesus is the rock of our salvation. ***“... and my redeemer.”*** Redeemer here is the Hebrew “goel” or “ga-al” which means “kinsman redeemer.” Jesus is our kinsman redeemer. This again affirms that Jehovah (Yahweh) includes the trinity and not just the Father as some think.

We must act and think right. Follow the Father’s heart. Live in the love of Jesus. Be careful not to grieve the Holy Spirit (who does have feelings) in word or deed.

Live each day with a song in your heart. Let the song be in your mind as the day goes along.