



“Give me understanding, and I will keep your law and obey it with all my heart.”

Psalm 119:34

“Direct me in the path of your commands, for there I find delight.”

Psalm 119:35

“Turn my heart toward your statutes and not toward selfish gain.”

Psalm 119:36

The author of Psalm 119 understood that he needed to have God’s word stored in his heart if he had any hope of ever seeing the blessings of God in his life. When we drift away from reading and meditating on scripture, we tend to grow ‘lukewarm’ in our faith. Ask any woman who has just given birth if the process was fun and most likely you will hear cried of “Never again!” or something similar. Ask that same mother a few years later and, she may remember the length of time or some important details, but her strong aversion to the pain most likely has passed. You might even find that “Never again!” to have been replaced with “I want to have another baby!” In the same way, when sirens fade into the darkness, we begin to ignore them and eventually their warnings go completely unnoticed and unheard. By continually hiding God’s scripture in our hearts we ‘relive the moment’ and refresh the sound of the warning bells in our minds when it comes to sin.

Think of your own experiences. Have you ever experienced a time of separation from reading or hearing God’s word and been affected by the lack of guidance found there? Briefly describe the situation.

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The fact that our sins lead to our own pain and grief should be reason enough for us to run in the opposite direction. However, we aren't the only ones grieved over our sins. We aren't the only ones who mourn over our abandonment of God's commands and rejection of his grace and mercy. The Bible tells us that God grieves when we sin as well. Please read the following verses and write down what caused God or Jesus to mourn and how they expressed that emotion.

**Genesis 6:5-8**

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**Matthew 23:37-39**

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*“For this is what the high and lofty  
One says – he who lives forever,  
whose name is holy: “I live in a high  
and holy place, but also with him  
who is contrite and lowly in spirit,  
to revive the spirit of the lowly and  
to revive the heart of the  
contrite... I will guide him and  
restore comfort to him, creating  
praise on the lips of the mourners  
in Israel. Peace, peace, to those far  
and near,” says the Lord.”*

*Isaiah 57:15 and 19*

What are some of the reasons God gives for his investment and care of mankind?

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Have you ever experienced this reversal of mourning into peace? How does it make you feel to know that God wants this kind of intimate and dependent relationship with us?

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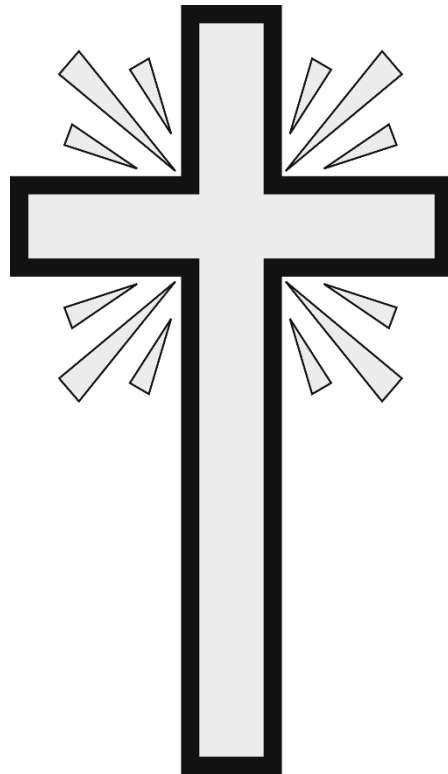
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“Therefore,  
there is now  
no  
condemnation  
for those who  
are in Christ  
Jesus.”

Romans 8:1



Forgiveness is complete and final. Perhaps that is one of the greatest comforts we receive at the hand of God. Our mourning ceases! Allow God to wash you clean and forgive yourself! God remembers our sins no more.. isn't it time we forget them as well?

Accept God's peace and share it all around!!!!