



Acceptable Prayer

Psalm 19

If you have not gone through the Introductory Basis Lessons teaching on the different facets of Biblical Meditation, please consider this first to get the most out of the following lessons.

Benefits of Biblical Meditation

Psalm 19: 7-14 The Word of God is described in different terms: law, testimony, statutes, commandment, judgments.

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

Response:

- Is the meditation of my heart acceptable in God’s sight?
- Are my thoughts acceptable to God?
- What occupies my heart and my thoughts?

Ask the Holy Spirit to show you where your mind goes automatically when it is not occupied with the work of the day?

We meditate more than we realize; continual complaining or worry are good examples of **negative meditation**. Dwelling on fearful thoughts would be a negative meditation.

Meditated words repeated over and over **shape your thoughts and life** as they become part of your being, your soul, (mind, emotions, will).

Response: referring to God’s Word

Psalm 19:10

“**More to be desired are they than gold, Yes, than much fine gold; Sweeter also than honey and the honeycomb.**” Look at God’s Word as treasure; be prepared to search it out.

Benefits:

v7 “**The law (Word) of the LORD is perfect (complete) converting the soul (mind, emotions, will).**”

Converting your soul means to change your thinking, to come in line with God’s thinking. When your thinking comes in line, your emotions will follow and your behavior changes.

Conversion of the soul happens in receiving and responding to the Word:

- this is the renewal of the mind – Romans 12:2
- the washing of the Word – Ephesians 5:26
- the restoration of the soul – Psalm 23:2

Psalm 19:7 cont.

“The testimony of the LORD is sure, making wise the simple.” (wisdom)

v8 “The statutes of the LORD are right, rejoicing the heart; (refreshment)
The commandment of the LORD is pure, enlightening the eyes.” (insight, revelation)

v9 “The fear of the LORD is clean, enduring forever; the judgments of the LORD are true and righteous altogether.” **The fear of the LORD** is a respectful reverence for God and His Word. Understanding the consequences can keep you from evil.

v11 “Moreover by them Your servant is warned, and in keeping them there is great reward.” **Warned**, you will learn to recognize a Holy Spirit ‘nudge’ to stop a certain action, to go or not go, to speak or not to speak. **Reward**, make the Word of God the basis of your truth and the standard for right living for a successful life.

v12 “Who can understand his errors? Cleanse me from secret faults.”
Let the Word of God search your heart, discern secret motives, keep you accountable to God. Do not be afraid of exposure; God helps you personally and privately.

v13 “Keep back Your servant also from presumptuous sins; let them not have dominion over me. Then I shall be blameless, and I shall be innocent of great transgression.” **Presumption**, an example is living your life without God, never involving Him but expecting He will bless everything you do. Pride is presumption. **Transgression** is deliberate rebellious sin, knowing better but doing it anyway.

Benefits of meditating on the Word of God as found in Psalm 19:

- a converted, renewed soul,
- wisdom,
- joy,
- revelation, insight
- moral cleanliness,
- warnings,
- right behavior,
- a transparent life,

All lasting treasure.

Application: As my meditation is acceptable to God, so the words of my mouth in prayer are acceptable also. Pray out the insights you received for the Church, the Body of Christ worldwide and expect to be blessed yourself.

