

Psalms 19:1-14 How Do I Change How I Feel? 8/18/2024

Our feelings respond and support what we think is true. Strong feelings have no ability to make something true. Truth is an objective reality. There is no such thing as “your truth” as opposed to “my truth.” I can be right, and you could be wrong, on a certain topic. Or, you could be right and I could be wrong on a given topic. But there is no way we could both be right, and be saying polar opposite things about the same subject. That is mental health 101.

Feelings are wonderful companions but pitiful masters.

Your faith in God and His word will give you objectivity about reality.

Your faith in God has to tell your feeling where to get off, or they will lead you into falsehood.

Faith and fact are logically consistent with each other. Feelings over facts leads to darkness and distress.

Ex. Anyone can learn to swim. The facts are that our bodies, with a little motion, will not sink. Your feelings may not think so. It has never been fact against faith. It has always been feelings against facts. You may “feel like” you cannot swim, but the facts are that you can swim.

Ex. Orny Adams – “Every major mistake I have made has been because of high-T!” “Men get better as they age. You make better decisions now because you are the calm, low-T man.” (Of course, you cannot blame bad behavior on biology. It will put the pressure on, but cannot make you fall.

So many things can try to pressure you to forget the facts; forget the blessing of obeying God; forget that anger, lust and pride can destroy and otherwise logical, rational Christian man.

Ex. I John 5: 4-5 “For whatever is born of God overcomes the world; and this is the victory that overcomes the world- our faith. Who is the one who overcomes the world? It is he who believes that Jesus is the Son of God.”

Stop asking people to make special allowances for your “condition,” if that condition is bad behavior.

Changing your feelings is a matter of getting to know God, trusting that His plan for you is better than your plan for you. The study and reflection upon God’s word is where to start.

You will not trust anybody that you do not know well. Especially true in reference to God.
John 15:1-5, 17:1-3.

God wants you to give a listen to what He says about His own character and plans, and to listen to what He knows about you. Remember Psalms 139:1-18?

TEXT INTRO: We have read **Psalms 19:1-6** in another connection. We will read it again and then focus today on **Psalms 19:7-14**

Two basic categories of how God reveals Himself: General revelation and special revelation.

General revelation- Through nature. Providential care. Romans 1: 18-22 (Also Matthew 5:43-48, Romans 2:4)

Special revelation - The coming of Christ, John 3:16, and many other verses.

One is "natural" through creation; special revelation comes when one responds to the first.

Ex. "There must be a God, how did all this come to be?" That will lead to other truths.

19: 1-6 uses the most general name for God, EL.

19:7-14 uses the specific name for God, YAHWEH.

God's moral nature is revealed in His instructions for living in 19:7-14.

19:10-14 talks about the close interaction of God to a man who wants to do right.

It also speaks of tremendous reward for the person who seeks God with a surrendered heart.

19:7-9

Nouns; "Law, Testimonies, Precepts, Commands, Fear, Ordinances."

Adjectives; "Perfect, sure, right, pure, clean.

Verbs; "Restoring the soul, making wise the simple, Rejoicing the heart, Enduring forever,
True."

19:12 "Who can discern his own errors?" You need an outside, objective observer of you. Only God can do that! And God uses other believers, the body of Christ for a part of that work.

"Hidden Faults" - Not because they are too small to see, but because it is too characteristic to register!

Ex. Screwtape Letters: "Keep his mind on the inner life. He thinks his conversion is just something inside him and his attention is therefore chiefly turned at present to the states of his own mind- or rather to that very expurgated (sanitized) version of them which is all you should allow him to see. Encourage this. Keep his mind off the most elementary duties by directing it to the most advanced and spiritual ones. Aggravate that most useful human characteristic, the horror and neglect of the obvious. You must bring him to a condition in which he can practice self-examination for an hour without discovering any of those facts about himself which are perfectly clear to anyone who has ever lived in the same house with him or worked in the same office."

19:13 "Presumptuous sins" –

Ex. Sins of pride covered by "humble brag." Inadvertent and unwitting sin. Impulsive sins, "I was doing fine till he showed up and I got irritated and he made me mad!" Again, not because they are small to everybody, but because they are "small" to you because they are grafted into a false identity you have built for yourself all these years. Sins so accepted among the people you live around you "assume" it is ok to do it. Gossip, compromise, overspending, worry, too talkative, too quiet, lack of compassion disguised as staying out of their business, being too much in people's business.

19:14 The mouth and the heart line up. No "compartmentalization!" **I Corinthians 4:5**

Rock- Psalms 18:1-3 "I love You, O Lord, my strength. The Lord is my Rock and my fortress and my deliverer, My God, My rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold. I call upon the Lord, who is worthy to be praised, and I am saved from my enemies."