

# DISCIPLINES HEALTHY HEART

talk it  
*over*

## KEY SCRIPTURE

Psalm 119.112-114

## PURSUE GOD

**My heart is set on keeping Your decrees  
to the very end.**

**I hate double-minded men,  
but I love Your law.**

**You are my refuge and my shield;  
I have put my hope in Your Word.**

Psalm 119 is the longest psalm, and the longest chapter in all of Scripture. It is a poem where the 22 verses correspond to the 22 letters of the Hebrew alphabet, and each sentence inside the verse starts with the same letter. In English it would be verse one, A, and all the sentences inside of verse one would also start with the letter A. Then verse two, B, verse three, C, and so on. As impressive as the writing structure is, the actual focus of the psalm is the Word of God. The psalm describes God's Word using language like His precepts, law, decrees, statutes, and commands. The psalmist calls God's Word eternal, wise, and a blessing for those who choose to follow what it says. It's a guide for all who want to live a life of holiness. Something we cannot fully attain, but something Jesus did. And as the Word made flesh, Jesus would personify and exemplify God's way of living, and guide God's people into a true relationship with Him.

## LOVE LIFE

What is your heart set on?

Is it set on the things of God?

Is it set on knowing Him and in turning making Him known?

Or is there a disconnect between what you believe and how you live?

Where in life are you double-minded?

What are you battling today?

Is the God you believe in big enough to bring peace into your war?

Who is your hope in?

Is it in yourself, and your ability to control an outcome?

Is it tied to your circumstances?

Or is it set on God regardless of your situation?