

## PSALM 19

<sup>1</sup>The heavens declare the glory of God; and the firmament sheweth his handywork. <sup>2</sup>Day unto day uttereth speech, and night unto night sheweth knowledge. <sup>3</sup>*There is* no speech nor language, *where* their voice is not heard. <sup>4</sup>Their line is gone out through all the earth, and their words to the end of the world. In them hath he set a tabernacle for the sun, <sup>5</sup>Which *is* as a bridegroom coming out of his chamber, *and* rejoiceth as a strong man to run a race. <sup>6</sup>His going forth *is* from the end of the heaven, and his circuit unto the ends of it: and there is nothing hid from the heat thereof. <sup>7</sup>The law of the LORD *is* perfect, converting the soul: the testimony of the LORD *is* sure, making wise the simple. <sup>8</sup>The statutes of the LORD *are* right, rejoicing the heart: the commandment of the LORD *is* pure, enlightening the eyes. <sup>9</sup>The fear of the LORD *is* clean, enduring for ever: the judgments of the LORD *are* true *and* righteous altogether. <sup>10</sup>More to be desired *are they* than gold, yea, than much fine gold: sweeter also than honey and the honeycomb. <sup>11</sup>Moreover by them is thy servant warned: *and* in keeping of them *there is* great reward. <sup>12</sup>Who can understand *his* errors? cleanse thou me from secret *faults*. <sup>13</sup>Keep back thy servant also from presumptuous *sins*; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. <sup>14</sup>Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

### Meditation of My Heart

#### OUTLINE

**(1) God's Glory in Creation**

**(2) God's Word in Redemption**

#### INTRODUCTION

By thoughts come our words, and by our words come our actions, and by our actions comes our habits and by our habits, comes our destiny. How we think determines who we are. And our thought life is influenced by what we receive from our external environment. With good thoughts come godly actions and a godly life. How does a Christian cultivate a godly life? The psalmist David shows us in this psalm that we are to meditate upon:

**(1) God's Glory in Creation (v1-6)**

**(2) God's Word in Redemption (v7-14)**

Except God reveals Himself, how can a man know the invisible and living God, his Creator and Redeemer. Indeed, God leaves the traces of His presence. He reveals Himself in the universe He created. We can see His splendour and glory in creation. Theologians call this natural revelation. And we see His redemptive plan for mankind in His Word. This is the realization of the psalmist David as he meditates upon the Word of God. The Word of God sanctifies his heart and life from the filth of sin and

redeems his soul from destruction, God's judgment for sin in hellfire. Theologians call this special revelation.

For a man to be spiritually strong and vibrant, God gives the beauty of His creation to study and deepen his faith and God preserves the testimonies of His written Word for our salvation. He is to meditate upon these and let the grace of God guide his conversation and heart to be a useful servant for his LORD.

### (1) God's Glory in Creation

<sup>1</sup>The heavens declare the glory of God; and the firmament sheweth his handywork. <sup>2</sup>Day unto day uttereth speech, and night unto night sheweth knowledge. <sup>3</sup>There is no speech nor language, where their voice is not heard.

When God created the vast universe, the earth was the focus. Just to give us an idea of the greatness of God, this is some statistics:

<b>Object</b>	<b>Diameter</b>
Earth	7,900 miles
Earth-moon orbit	239,000 miles
Sun-earth orbit	186 million miles
Solar System	7 billion miles
Milky Way	100,000 light-years*
Universe	30 billion light-years <sup>1</sup>

Note: One light-year is about 6 trillion miles.

The greatness of God is seen in His creative work and His condescension to dwell with man. The psalmist is helping us to see the correlation.

Creation speaks for the glory of God in unuttered speech. Indeed, a picture is better than a thousand words. The word "glory" speaks of abundance, splendour and honour. And the root word "weight" speaks of the heaviness, the great worth of God in all that He is doing.

The awesome, awe-inspiring and awful presence of God is seen in the awesome greatness of the created world. For Who He is, demands that men come with fear and trembling, utmost reverence and quiet waiting, order and attentiveness.

The Bible speaks of three heavens, the third heaven wherein God and the hosts of His angels dwell, the second heaven which is outer space and the first heaven which is the sky when we see it when we look up. In the Bible, the word "firmament" refers to the expanse of the heavens.

When David tends his father's sheep, he often is out with the sheep in the night observing the intricacies of the stars upon the quiet night sky. As he looks at the stars that are like the sands in the seashore, he contemplates upon God and ponders the greatness of His handiwork – the expanse of the universe that is before him (v1).

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<sup>1</sup> Donald B. DeYoung, *Astronomy and the Bible – Questions and Answers*, Baker, 1988, 36.

Whether it is by day or by night, observation of God's created world gives us an appreciation and its beauty and make-up. We discover that the planets in the solar system revolve around the sun like clock-work. None of the planets would veer off course but revolves at a prescribed path of orbit. And as we look at the earth, the distance from the sun is just right for human habitation. What great marvel! (v2).

And every people on earth has a documented or historical hand-down of observations in their environment wherein gives testimony to understand better the created world. The meteorological study of the weather and its changes help us to predict what the weather will be tomorrow or the next week or even the next month! We are told that the sun will return again this week after it disappeared for almost a week during the last week. Indeed, it is true!

As we look at the birds, the sea creatures, the grandeur of the mountains, we are reminded of our Creator God and causes us to give Him the glory.

As the Apostle Paul declares in **Romans 1:20** *For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse:*

<sup>4</sup> *Their line is gone out through all the earth, and their words to the end of the world. In them hath he set a tabernacle for the sun,* <sup>5</sup> *Which is as a bridegroom coming out of his chamber, and rejoiceth as a strong man to run a race.* <sup>6</sup> *His going forth is from the end of the heaven, and his circuit unto the ends of it: and there is nothing hid from the heat thereof.*

William MacDonald said well, "The psalmist sees the vaulted arch of heaven as a vast tent which God prepared for the sun. As the sun rises in the morning, it is like a bridegroom coming out of his chamber. The sun moves through the arc of the heavens like a strong man joyfully running a race.

The course begins at the eastern end of the heavens and continues on down to the western horizon. We know, of course, that the sun does not actually rise and set, but that the earth moves in relation to the sun, creating this illusion. But in poetic passages, the Bible often uses the language of human appearance, just as we do in our everyday speech. There is nothing hidden from the heat of the sun. It enjoys universal exposure, pervading every remote corner and crevice of the world."

The world was made for man's enjoyment. God made the world for man's pleasure, for his delight. **Only man can appreciate the beauty around him, its beauty and grandeur.** The animals cannot appreciate beauty like a man does. The created world is for man to appreciate, for his pleasure, for his enrichment and enjoyment.

In the August 2014 issue of Creation Magazine was featured "The Cleverly-Designed Camel". The camel is specially created for man's enrichment in the dry desert land.<sup>2</sup>

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<sup>2</sup> The magazine tells us, "For example, our body's normal internal temperature is approximately 37°C with only slight variation over a 24-hour period (about ½ a degree

The Bible records that camels were in Egypt when Abraham was there. About the same time in Uz, Job had 6000 camels (Job 42:12). They were the prized possessions like our modern car-fleet during Job's time.

## **(2) God's Word in Redemption (v7-14)**

Man can interact with the world by making things and molding the environment to make it "home." Man is creative.

Man is different from all of God's creation because man has self-consciousness or personal nature. There is self-awareness. We are able to think about ourselves in terms of who we are and, most important, why we exist. We know we are individuals and different from other individuals. We show this by each having a person name and we act consciously instead of by instinct.<sup>[3]</sup>

Man can appreciate the wonders of God's creation. Man, without the knowledge of God, will worship His creature rather than the Creator. Paul reasoned with the Athenians, preaching Christ, the Lord as Creator!

**Acts 17:16** *Now while Paul waited for them at Athens, his spirit was stirred in him, when he saw the city wholly given to idolatry.*

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either side). Like many mammals, as we heat up, we sweat in order to maintain this temperature. Rather than wasting excess moisture maintaining a constant temperature, the camel's internal body temperature is regulated so that it steadily increases from 34°C at dawn to 41°C during the hottest part of the day. The camel can then dissipate the stored heat overnight, bringing its internal temperature back to 34°C by the following morning. Its fine woolly coat assists by insulating against excessive heat gain. This reduces water loss by as much as two-thirds compared with maintaining a constant temperature. When the camel does sweat, it prevents its blood from thickening (a condition that can result in cardiac failure) by replacing lost moisture from other body tissues. Thus, a camel can tolerate a 25 to 30% loss of body mass by dehydration – twice what would be fatal for most mammals. The red blood cells of the camel also have membranes that permit an unusual degree of swelling. So, when a source of water is available, despite the fact that the camel can absorb over 100 litres of water into its body in 10 minutes, they won't burst under the osmotic variation (the sudden diluting of the blood). The cells of cattle would rupture in the same situation. A thirsty camel is able to further minimize moisture loss by concentrating its urine into a thick syrup. This reduces output to one-fifth of the normal volume, while the faeces produced are so dry they can immediately be used as fuel for fire. A camel doesn't always need a direct source of water in dry conditions, either. In cooler weather, if supplied with a source of forage that contains enough moisture, a camel may not drink any water for months. It can also tolerate a much higher level of saltiness in the water, since it needs six to eight times as much salt as other animals in order to absorb and store water. The hump of the camel is not a storage area for water, as commonly believed, but fat, which the camel uses as energy when food sources aren't available. When food is plentiful the camel will overeat and store the excess as fat in its hump, which can weigh as much as 45 kg<sup>2</sup>. As the fat in the hump is converted to energy in times of scarcity, the hump begins to shrink and can even slip off the back and hang down the side. However, once the camel is able to rest and eat, the hump will become firm and plump again. August 2014 issue of Creation Magazine – The Cleverly Designed Camel

**Acts 17:22-26** Then Paul stood in the midst of Mars' hill, and said, Ye men of Athens, I perceive that in all things ye are too superstitious. **23** For as I passed by, and beheld your devotions, I found an altar with this inscription, TO THE UNKNOWN GOD. Whom therefore ye ignorantly worship, him declare I unto you. **24** God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands; **25** Neither is worshipped with men's hands, as though he needed any thing, seeing he giveth to all life, and breath, and all things; **26** And hath made of one blood all nations of men for to dwell on all the face of the earth, and hath determined the times before appointed, and the bounds of their habitation;

**Acts 17:27-31** That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us: **28** For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring. **29** Forasmuch then as we are the offspring of God, we ought not to think that the Godhead is like unto gold, or silver, or stone, graven by art and man's device. **30** And the times of this ignorance God winked at; but now commandeth all men every where to repent: **31** Because he hath appointed a day, in the which he will judge the world in righteousness by that man whom he hath ordained; whereof he hath given assurance unto all men, in that he hath raised him from the dead.

**Acts 17:32-33** And when they heard of the resurrection of the dead, some mocked: and others said, We will hear thee again of this matter. **33** So Paul departed from among them.

A man without God is lost and without hope. A society without God lose the joy of fellowship with His Creator and living out the image of God that was intended for creation.

Recognizing our Creator, the Agent of creation, Jesus Christ and the upholder of all things is the key to find true joy in life. This relationship is the source of biblical joy.  
<sup>7</sup> *The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.*

God reveals His law (as summarised in the Ten Commandments) that we may believe that He is God and that He has given to us a right way to live and have our being. Meyer observed well, "God clearly designated Moses to be the organ and channel of His communication to man, "Lo I come unto thee in a thick cloud, that the people may hear when I speak with thee and believe thee forever." (Exodus 19:9)." In Mount Sinai, God reveal His law to His people through Moses, His servant.

Matthew Henry observed well the spiritual significance of the Exodus 19 scene of the giving of the Law in Mount Sinai explaining how this testimony (account) directs us to worship Israel's God when he said, "The solemn manner in which the law was delivered, was to impress the people with a right sense of the Divine majesty. Also, to convince them of their own guilt, and to show that they could not stand in judgment before God by their own obedience. In the law, the sinner discovers what he ought to be, what he is, and what he wants. There he learns the nature, necessity, and glory of

redemption, and of being made holy. Having been taught to flee to Christ, and to love him, the law is the rule of his obedience and faith.”

He further added, “That humble awful reverence which ought to possess the minds of all those that worship God. We are mean creatures before a great Creator, vile sinners before a holy righteous Judge; and therefore, a godly fear and shame well become us.

**Hebrews 12:28** *Wherefore we receiving a kingdom which cannot be moved, let us have grace, whereby we may serve God acceptably with reverence and godly fear:*

**Psalm 2:11** *Serve the LORD with fear, and rejoice with trembling.*

It is through His revealed Word that man finds bearing to understand the purpose of his existence, where he came from and where he is going.

The reason that God gives His law is that we may know how to live and helps us to realise our utter failure to obey God’s law.

**Exodus 20:20** *And Moses said unto the people, Fear not: for God is come to prove you, and that his fear may be before your faces, that ye sin not.*

It is to lead us to Christ as the Apostle Paul explains in **Galatians 3:21-29 (KJV)**:

<sup>21</sup> *Is the law then against the promises of God? God forbid: for if there had been a law given which could have given life, verily righteousness should have been by the law.* <sup>22</sup> *But the scripture hath concluded all under sin, that the promise by faith of Jesus Christ might be given to them that believe.* <sup>23</sup> *But before faith came, we were kept under the law, shut up unto the faith which should afterwards be revealed.* <sup>24</sup> *Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith.* <sup>25</sup> *But after that faith is come, we are no longer under a schoolmaster.* <sup>26</sup> *For ye are all the children of God by faith in Christ Jesus.* <sup>27</sup> *For as many of you as have been baptized into Christ have put on Christ.* <sup>28</sup> *There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus.* <sup>29</sup> *And if ye be Christ's, then are ye Abraham's seed, and heirs according to the promise.*

<sup>8</sup> *The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes.*

The word here rendered statutes properly means **mandates, precepts - rules given to anyone to guide him,**

**Psalm 103:18** *To such as keep his covenant, and to those that remember his commandments to do them.*

**Psalm 111:7** *The works of his hands are verity and judgment; all his commandments are sure.*

It refers to the laws of God considered as appointed, or as the result of divine authority. The verb from which this word is derived (Hiphil) means to set over, to give the oversight, to appoint. Hence, the idea of laws, or statutes, as the result of such an appointment, or such an authority. [Barnes]

Are right - Are equal, just, proper. They are such as are founded in wisdom and equity; not such as are the mere result of arbitrary appointment. **The idea is that they are not merely appointed, or made binding by authority**, but that they are in themselves equitable and just.

Rejoicing the heart - Making the heart glad by the fact that they are equitable and just - and glad as the result of obedience. **It is always a source of true happiness when we can feel that we are under just and equal laws; laws in themselves right, and laws administered in righteousness and truth.**

The commandment of the Lord - An appellation of the law of God from the idea of setting up, appointing, constituting; hence, of charging, or commanding. The idea here is not so much that the thing is right in itself as that it is appointed or ordered by God; that it is what he requires. [Barnes]

<sup>9</sup> *The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether.*

The reverence of God gives to one a righteous, clean life that brings with it no rebuke or judgment from God but approval. And to learn the way by which God decides on a matter, His judgments, gives the right way to live.

<sup>10</sup> *More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.* <sup>11</sup> *Moreover by them is thy servant warned: and in keeping of them there is great reward.*

Delighting in the Word of God brings spiritual health and wealth to the soul.

**2 Timothy 3:16-17** *All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works.*

**2 Timothy 3:15** *And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus.*

The word "Scripture" tells us that God has committed His revelation to mankind in writing. Words have meaning and sentences convey meaning by its syntax and grammar. We can therefore study and understand the divine message that is given to us.

Paul says to Timothy in verse 15 - Scripture has the power to make thee wise unto salvation. Indeed, the preaching of the cross is to them that perish foolishness; but

unto all which are saved it is the power of God (1 Corinthians 1:18). Scripture delivers all truths that are sufficient and needful for our salvation. That is the sense of verse 15 and Timothy is a living testimony of the life-transforming words of God.

Just as when you make a product you need to have your input, you need the right input, you also have need of the right manufacturing process to give you the right product. The resource is the Perfect Bible, the process is described in 4 words – doctrine, reproof, correction and instruction in righteousness.

Firstly, Scripture teaches me what doctrines I must hold and what doctrines I should not hold, for the purpose of imparting knowledge concerning God's revelation in all its facets. It teaches us the doctrines or principles of life.

It is from the doctrines or principles that we derive our practice. Our faith is an objective faith based on the truth of God's Word. Therefore, the people who go wrong in practice are always those who are not sure of their principles. Dr. Martyn Lloyd Jones made an insightful observation when he said, "We live in an age of specialist, and a specialist is almost invariably a man who is so lost in details that he often forgets principles. Most of the breakdown in life today is due to the fact that certain basic principles have been forgotten."

Secondly, it is profitable for reproof, as a warning. More than that, it shows us where we have gone wrong and seeks to point out our wrongdoings. It reproves us of our sins bringing with it conviction to repent.

Thirdly, it is profitable for correction, it set me right again, to set me on the right path again. Scripture teaches us how to put away sin. It has the power to cleanse the heart of corrupt and depraved man to make him holy. It has the power to deal with the evil of the human heart. It is Paul's only secret of power to transform unholy men to make him holy.

In fact, it is rightly observed, there is nothing more contrary to the corrupt nature of man than the Scriptures. There is nothing more contrary to the kingdom of Satan than the Scriptures. Truly, if we say we have no sin, we deceive ourselves, and the truth is not in us. *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar, and his word is not in us."*

May we say like the psalmist in Psalm 119:9 *"Wherewithal (with what) shall a young man cleanse his way? By taking heed thereto according to thy word."*

May our response be like the psalmist, *"With my whole heart have I sought thee, O let me now wander from thy commandments. Thy word have I hid in my heart that I might not sin against thee."* (Psalm 119:10-11)

<sup>12</sup> *Who can understand his errors? cleanse thou me from secret faults.* <sup>13</sup> *Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression.*



*Blessed Hope Bible-Presbyterian Church  
Prayer Meeting - Balm For the Weary (A Devotional Study of the Psalms)  
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The Word of God by the Holy Spirit shows us where we have gone wrong in our life.

**Hebrews 4:12** *For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.*

As the Scriptures expose us to ourselves and convict us of sins we were previously unaware of, we are prompted to pray for forgiveness from secret faults—faults hidden to ourselves and even to others but not to God. [William MacDonald]

Presumptuous sins are the sins of pride and self-confidence. Sin began not on earth but in heaven when Lucifer the most beautiful of God's angel fell when he reckoned that his beauty came from himself and failed to give glory to his Creator. By 5 prideful thoughts, he fell when he rebelled against God.

**Isaiah 14:12-15** *How art thou fallen from heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High. Yet thou shalt be brought down to hell, to the sides of the pit.*

The psalmist sought to be free from the sinful pride that causes him to reject and rebel against the God who loves and sustains and keeps him.

<sup>14</sup> *Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.*

Indeed, he has been saved looking forward to the Redeemer, the Messiah that will come, Jesus Christ. And he sought to take time to meditate upon God's Word that his life may be lived in the beauty of holiness receiving the approval of his God.

## **CONCLUSION**

Praise God for showing us how we can appreciate and draw strength for life – through the appreciation of His creation and His Word and most of all the living Word – our Lord and Saviour Jesus Christ. Amen.