

*My soul is weary with sorrow; strengthen me according to your word. Keep me from deceitful ways; be gracious to me through your law. I have chosen the way of truth; I have set my heart on your laws. I hold fast to your statutes, O LORD; do not let me be put to shame. I run in the path of your commands, for you have set my heart free. Psalm 119:28-32 (NIV)*

## **Set Your Heart**

**What is your heart set on?** That is a very good question. **Why do you think that is a good question?** What I set my heart on will determine the entire course of my life? **How so?** If I were to set my heart on material possessions my life will become one long pursuit of more. I would never be content. I would always want the latest and greatest new thing. I would never be satisfied with what I had in life. **No, you would not.** If I were to set my heart on accomplishments and recognition my life would become one long effort to accomplish more to receive the applause of others. I would always need fresh acknowledge and praise. Yesterday's accolades would always leave me empty and wanting and needing more. I would never be satisfied with what I had accomplished in life. **No, you would not.** If I were to set my heart on pleasure my life will become one long hedonistic adventure. This pursuit would leave me bruised and battered and broken. I would have no real lasting relationships with others. I would be using others just as they would be using me. This too would leave me empty and wanting and needing more. I would never be satisfied with yesterday's pleasure. **No, you would not.**

**You have not yet answered my good question.** What is my heart set on? **Yes, that's it.** My heart is set on you. I want to know you. I want to love you. I want to follow you. I want to serve you. I want to live my life with and for you. I want to know your will and walk in your ways. I want to live in an intimate relationship with you. In every way, I want to do what is pleasing to you. I want to hear your voice. I want to rest in your presence. I want to listen to everything that you want to say to me. I want to hold on to your word. I want to be set free as I put your word into practice. I want to live and walk every day with you in the truth. I want to live a fresh and vital life that is fed and nourished by your word. I want to be guarded and guided by your word so I will never be ashamed.

**Set your heart on me and my word and you will have all these desires of your heart.**

*Lord, I have set my heart on your word. Your word has refreshed my soul. Your word has guarded and guided my life. Your word has set me free to live and walk in the truth. Your word has kept me from being ashamed. I thank and praise you for your word. Amen*

**God's Word***Strengthen Me*

My soul is weary with sorrow; strengthen me according to your word. Keep me from deceitful ways; be gracious to me through your law. I have chosen the way of truth; I have set my heart on your laws. I hold fast to your statutes, O LORD; do not let me be put to shame. I run in the path of your commands, for you have set my heart free.

NIV

Psalm 119:28-32

**God's Word***Strengthen Me*

My soul melts away for sorrow; strengthen me according to your word! Put false ways far from me and graciously teach me your law! I have chosen the way of faithfulness; I set your rules before me. I cling to your testimonies, O LORD; let me not be put to shame! I will run in the way of your commandments when you enlarge my heart!

ESV

Psalm 119:28-32

**God's Word***Encourage Me*

I weep with sorrow; encourage me by your word. Keep me from lying to myself; give me the privilege of knowing your instructions. I have chosen to be faithful; I have determined to live by your regulations. I cling to your laws. LORD, don't let me be put to shame! I will pursue your commands, for you expand my understanding.

NLT

Psalm 119:28-32

**God's Word***Strengthen Me*

My soul melts from heaviness; Strengthen me according to Your word. Remove from me the way of lying, And grant me Your law graciously. I have chosen the way of truth; Your judgments I have laid before me. I cling to Your testimonies; O LORD, do not put me to shame! I will run the course of Your commandments, For You shall enlarge my heart.

NKJV

Psalm 119:28-32

**God's Word***Strengthen Me*

My soul melts away for sorrow; strengthen me according to your word. Put false ways far from me; and graciously teach me your law. I have chosen the way of faithfulness; I set your ordinances before me. I cling to your decrees, O LORD; let me not be put to shame. I run the way of your commandments, for you enlarge my understanding.

NRSV

Psalm 119:28-32

**God's Word***Build Me Up*

My sad life's dilapidated, a falling-down barn; build me up again by your Word. Barricade the road that goes Nowhere; grace me with your clear revelation. I choose the true road to Somewhere, I post your road signs at every curve and corner. I grasp and cling to whatever you tell me; GOD, don't let me down! I'll run the course you lay out for me if you'll just show me how.

MSG

Psalm 119:28-32

**God's Word***Strengthen Me*

My life dissolves and weeps itself away for heaviness; raise me up and strengthen me according to [the promises of] Your word. Remove from me the way of falsehood and unfaithfulness [to You], and graciously impart Your law to me. I have chosen the way of truth and faithfulness; Your ordinances have I set before me. I cleave to Your testimonies; O Lord, put me not to shame! I will [not merely walk, but] run the way of Your commandments, when You give me a heart that is willing.

AMP

Psalm 119:28-32

**God's Word***Encourage And Cheer Me*

I weep with grief; my heart is heavy with sorrow; encourage and cheer me with your words. Keep me far from every wrong; help me, undeserving as I am, to obey your laws, for I have chosen to do right. I cling to your commands and follow them as closely as I can. Lord, don't let me make a mess of things. If you will only help me to want your will, then I will follow your laws even more closely.

TLB

Psalm 119:28-32

**God's Word***Strengthen Me*

My soul weeps because of grief; Strengthen me according to Your word. Remove the false way from me, And graciously grant me Your law. I have chosen the faithful way; I have placed Your ordinances before me. I cling to Your testimonies; O LORD, do not put me to shame! I shall run the way of Your commandments, For You will enlarge my heart.

NASB

Psalm 119:28-32

**God's Word***Make Me Strong*

I am sad and tired. Make me strong again as you have promised. Don't let me be dishonest; have mercy on me by helping me obey your teachings. I have chosen the way of truth; I have obeyed your laws. I hold on to your rules. LORD, do not let me be disgraced. I will quickly obey your commands, because you have made me happy.

NCV

Psalm 119:28-32

# Strengthen Me

Year \_\_\_\_ Week \_\_\_\_ Day \_\_\_\_ Date \_\_\_\_

**God's Word** – Psalm 119:28-32

**In Context:** *Read Psalm 119*

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God's Word:** ***(What is God speaking to your heart?)***

My soul is weary with sorrow; strengthen me according to your word. Keep me from deceitful ways; be gracious to me through your law. I have chosen the way of truth; I have set my heart on your laws. I hold fast to your statutes, O LORD; do not let me be put to shame. I run in the path of your commands, for you have set my heart free. Psalm 119:28-32 (NIV)

**Considering The Words:** ***(What words speak to your heart?)***

My soul | is weary | with sorrow; | strengthen me | according to | your word. | Keep me | from | deceitful ways; | be gracious | to me | through | your law. | I have chosen | the way | of truth; | I have | set my heart | on your laws. | I hold fast | to your | statutes, | O LORD; | do not | let me | be put | to shame. | I run | in the path | of your | commands, | for you | have set | my heart | free. Psalm 119:28-32 (NIV)

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**Praying The Scripture:** ***(What prayer from your heart will you write?)***

Lord, I have set my heart on your word. Your word has refreshed my soul. Your word has guarded and guided my life. Your word has set me free to live and walk in the truth. Your word has kept me from being ashamed. I thank and praise you for your word. Amen

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**What It Means:** ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

**How are you daily setting your heart on God's word?**

How has the God used His word to strengthen you when you were weary?

**When have you allowed God's word to replace unhelpful and unhealthy thoughts you were thinking?**

How has God's word helped you to live and walk in the truth as you have followed Him?

How has holding on to God's word kept you from being ashamed?

How has putting God's word into practice set you free to live your life for Him?

**How has meditating on God's word revived and refreshed your life?**

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**Living It Out:** ***(What action step is God guiding your heart to take?)***

Allow the Lord to strengthen you as you set your heart on His word.

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**Seeing It Happen:** ***(What are you trusting God for in your heart?)***

Have faith that the Lord will strengthen you as you set your heart on His word.

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**Get Ready To Share:** ***(What can you share with others from your heart?)***

Share with another person or your small group how the Lord has used His word to strengthen you.

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**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you be strengthened as you set your heart on God's word.*

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**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, I will set my heart on your word so you can strengthen me.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how do you want to strengthen me as I set my heart on your word?*

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