



Psalm 119:113-120 “Double Minded (Divided Loyalties)”

Intro:

The writer of this passage seems to be wrestling with divided loyalties. He opens by saying, *“I hate those who are double-minded, but I love your instruction.”* While he may be referring to others, it is also very possible that he is describing an inner struggle within himself. That tension is familiar to us as believers. Though we have been born again in Christ, we still live in fallen bodies and experience an ongoing battle between the flesh and the Spirit (Rom. 7:14–25). This inner conflict often leads to double-mindedness—divided hearts and divided loyalties—where we try to serve God while still clinging to the vanities of this world. The question then becomes: how do we get out of these seasons? How do we allow God to cleanse our hearts, renew our minds, and retake the throne of our lives? As we walk through this passage, we will see **five steps** hidden within it that help heal our divided hearts and lead us back to being single-minded in Christ.

V.113-114

*“I hate those who are double-minded, but I love your instruction. **You are my shelter and my shield; I put my hope in your word.**”*

1. Put Your Hope In The Word

The psalmist responds to double-mindedness by running to God’s Word. He describes it as his shelter and shield. This is crucial. Many times, when we recognize divided loyalties in our lives, we focus almost entirely on fixing outward behaviors. But outward inconsistency is always pointing to an inward problem. True healing begins when we allow the Word of God to renew our minds and reorient our hearts. If you find yourself in a season where your actions don’t match what you say you believe, the answer is not merely trying harder but going to the correct source. The word of God. That is the true and lasting source of healing.

- **“I have given them your word.** The world hated them because they are not of the world, just as I am not of the world. *I am not praying that you take them out of the world but **that you protect them from the evil one.*** They are not of the world, just as I am not of the world. **Sanctify them by the truth; your word is truth.**” John 17:14-17 CSB

V.115

*“**Depart from me, you evil ones,** so that I may obey my God’s commands.”*

2. Cut Ties

While healing begins inwardly, it must also be expressed outwardly. The psalmist understands that obedience requires distance from influences that pull him away from God. To walk in single-minded devotion, we must be willing to cut ties. This does not mean withdrawing from the world entirely, but it does mean removing influences—relationships, habits, environments—that consistently pull us toward sin or compromise. Sometimes that means distancing ourselves from unbelievers who pressure us toward disobedience or influence us to think like the world. Other times it means stepping back from believers who are themselves double-minded. Anything that weakens your obedience or slows you down from following the Lord must be addressed.

- *“**Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down,** especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.”* Hebrews 12:1 NLT

V.116-117

*“Sustain me as you promised, and I will live; **do not let me be ashamed of my hope.** Sustain me so that I can be safe and **always be concerned about your statutes.**”*

3. Learn To Live Continually Concerned About Gods Word

The psalmist asks God to sustain him so that he may live with continual concern for His Word. This echoes what we’ve seen before: God’s Word is not meant to be consulted occasionally, but lived with constantly. To be “concerned” about God’s Word means to reference it continually, to let it shape our thoughts, decisions, and reactions. Double-mindedness thrives when God’s Word is pushed to the margins of our lives. Healing comes when Scripture is brought back to the center. This requires intentional daily disciplines—reading, praying, meditating, and

carrying God's truth with us throughout the day. The Word becomes the lens through which we view everything. (Joshua 1:8)

V.118

*"You reject all who stray from your statutes, for **their deceit is a lie.**"*

4. **Stop The Deceit**

Double-mindedness is rooted in deceit—first self-deception, and often deception toward others. It is living a divided life, appearing one way outwardly while harboring disobedience inwardly. The psalmist calls this what it is: a lie. Healing begins with honesty. We must stop lying to ourselves, stop excusing our sin, and stop pretending obedience while living otherwise. Confession brings sin into the light, and it is there that God's Word does its deepest work of cleansing and transformation.

- **"When I kept silent, my bones became brittle from my groaning all day long.** For day and night your hand was heavy on me; my strength was drained as in the summer's heat. **Then I acknowledged my sin to you and did not conceal my iniquity. I said, "I will confess. My transgressions to the Lord," and you forgave the guilt of my sin.**" Psalms 32:3-5 CSB

V.119-120

*"You remove all the wicked on earth as if they were dross from metal; therefore, I love your decrees. **I tremble in awe of you; I fear your judgments.**"*

5. **Grow In Fear God and His word**

At the root of double-mindedness is a lack of reverence for God. If we truly lived with constant awareness of God's holiness, omniscience, and authority, we would not take His Word lightly or attempt to live divided lives. The psalmist responds by growing in awe and fear of the Lord.

The fear of God is not terror—it is reverent submission. It is recognizing that God is holy, His Word is true, and His judgments are right. A heart that fears God cannot remain divided for long. Reverence produces obedience.

- *"Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus **let us offer to God acceptable worship, with reverence and awe, for our God is a consuming fire.**"* Hebrews 12:28-29 ESV

Conclusion:

"So then, brothers and sisters, we are not obligated to the flesh to live according to the flesh, because if you live according to the flesh, you are going to die. But if by the Spirit you put to death the deeds of the body, you will live. For all those led by God's Spirit are God's sons. For you did not receive a spirit of slavery to fall back into fear. Instead, you received the Spirit of adoption, by whom we cry out, "Abba, Father!" The Spirit himself testifies together with our spirit that we are God's children," Romans 8:12-16 CSB

Main Idea:

It is crucial we put our hope in God's Word to continue cleansing us from our sinful nature. It is only by living in the light of its truth that we learn to cut ties with sin and grow in fear and awe of our gracious God.

Memory Verse:

"I hate those who are double-minded, but I love your instruction. You are my shelter and my shield; I put my hope in your word."

Psalms 119:113-114 CSB

