



Psalm 119:97-104 “My Meditation”

Intro:

Every sin aims at the mind first. Its power lies in its first motions—when it begins to call on the mind. If it is not crushed at the entrance but instead gains the mind, it has won the man (paraphrased from John Owen, *Of the Mortification of Sin*). As Jesus taught in the Sermon on the Mount (Matt. 5), sin is not only about outward action but inward intention—what takes place in the heart and mind. We live in a time where our minds are constantly overstimulated and where we have largely lost the ability to be still. We are always consuming, always filling our minds, always scrolling. The danger is that this desire for constant stimulation has caused us to lower our guard. We live in the age of *mindless scrolling*, not realizing that our minds are being shaped and disciplined every day. And when there is no resistance in the mind, the throne of our lives—the heart—is left unguarded, it becomes easily accessible to the enemy. In this section of Psalm 119, the psalmist places a strong emphasis on meditation. He shows us that what we meditate on shapes what we love, how we see the world, and ultimately who we obey.

V.97

*“How I love your instruction! **It is my meditation all day long.**”*

1. What You Meditate On Shapes What You Love

It’s easy to recognize that what occupies our thoughts most often reveals what we love. But what we often forget is that the process also works in reverse. The more we intentionally fix our minds on the Word of God, the more our love for God and His Word grows. The practice of meditating on The Word has to be intentional. As we discipline ourselves, by the power of the Holy Spirit, to meditate on God’s Word, our affections are slowly reordered. What once felt like a burden becomes delightful. Our love for God grows when our minds are repeatedly directed toward His truth.

V.98-99

*“Your command makes me *wiser than my enemies*, **for it is always with me.** *I have more insight than all my teachers* **because your decrees are my meditation.**”*

2. What you Mediate on Shapes Your World View

The psalmist says that through God’s Word he has become wiser than his enemies and gained more insight than his teachers. What he is describing is an ability to *see*. The words “wisdom” and “insight” point to perception — the capacity to understand reality rightly. In other words, the psalmist is saying, *I am able to see things others cannot see because my mind is constantly shaped by the Word of God.* Because God’s Word is his constant meditation, it has trained his vision. It has shaped how he understands life. He sees the world through God’s eyes rather than through his corrupted human opinion. And this is true not only of Scripture, but of anything we allow to dominate our minds. What we meditate on determines how we see. It shapes what we believe is true, what we believe is good or evil, what we believe is valuable or worthless, and even what we believe is worth pursuing. Whether we realize it or not, our worldview is always being formed by whatever we allow ourselves to meditate on.

- “Therefore, brothers and sisters, **in view of the mercies of God**, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. *Do not be conformed to this age, but **be transformed by the renewing of your mind**, so that you may discern what is the good, pleasing, and perfect will of God.*”
Romans 12:1-2 CSB

V. 100-104

“I *understand* more than the elders because **I obey your precepts. I have kept my feet from every evil path to follow your word. I have not turned from your judgments, for you yourself have instructed me. **How sweet your word is to my taste** — sweeter than honey in my mouth. I gain understanding from your precepts; therefore I hate every false way.”**

3. What You Meditate On Determines Who You Follow

In the last two points we saw the *inward* result of meditating on the Word, and in this section we see the *outward* results of meditating on the Word of God. We see here that Because the Word has shaped his affections and worldview, it now produces obedience. He follows God’s ways, rejects false paths, and delights in God’s truth. What shapes the mind eventually directs the feet. We will always end up following what we have allowed to rule our thoughts and take the throne of our hearts (Proverbs 4:23).

- “*This book of instruction must not depart from your mouth; **you are to meditate on it day and night** so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.*” Joshua 1:8 CSB

Conclusion:

“You cannot keep birds from flying over your head, but you can keep them from building a nest in your hair” - Martin Luther. Though I wholeheartedly believe there is a lot we can do to prevent sinful thoughts from entering our minds—such as being very careful with what we allow ourselves to see and hear—the truth of the matter is that there will still be moments when temptation and sinful desires present themselves in our minds. And while we may not always be able to prevent that, we can always push them out. You don’t have to let them stay and begin to build a home in your mind. And the best way to do that is by filling your mind as much as possible with the Word of God, so that there is no space left for those thoughts to settle in.

“**Oh, the joys** of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. **But they delight in the law of the Lord, meditating on it day and night.** They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.” Psalms 1:1-3 NLT. (More Passages To Consider: Colossians 3:1-10, Philippians 4:8, 2 Corinthians 10:3-5, Romans 8:6, Isaiah 26:3)

Main Idea:

What we meditate on shapes what we love, how we see, and ultimately who we obey. In a distracted and overstimulated age, God calls His people to guard their minds by filling them with His Word, because whoever wins the mind will eventually win the heart.

Memory Verse:

“How I love your instruction! It is my meditation all day long.” Psalms 119:97 CSB

