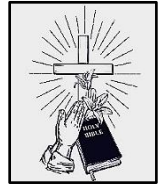


HOW'S YOUR HEART? Psalm 139: 23-24



We hope that you enjoyed our first Mid-week Meditation and that you were blessed as you dug into God's word with us. Did you dare, even a little bit, to put holes in the darkness? Our meditation this week is based on Ps 139 where the psalmist invites God to search his heart, test his character and guide him in God's ways. When the Scriptures speak of the human 'heart', they are referring to that deep inner place within us where our thoughts and emotions are, where love grows, where wisdom and understanding are shaped and formed.

King David had been accused of wrong-doing by his adversaries. This caused him some anxiety. Was he at fault? Was he right with God? Knowing that he served a holy and just God, he prayed:

"Search me, O God, and know my heart;
Try me, and know my anxieties;
And see if there is any wicked way in me,
And lead me in the way everlasting" (Ps 139:1, 23-24)

As he wants nothing less than a life conformed to God's will, David made himself vulnerable to the divine gaze. It was as though he stood spiritually naked in God's sight, allowing God to perform a strip search of his character, to probe his innermost thoughts and feelings. In doing so, he submitted himself to God's correction and direction. Deeply conscious of God's holiness and perfection, and conscious of his own faults and failures, David knew that nothing is ever concealed from God. God knew him inside out, yet loved him in spite of his faults and flaws. There was nowhere in all of creation where he could go, where God wasn't with him. There was nothing he could do or not do that God wasn't aware of. Read the whole psalm now and note how David expands on these truths.

Relationships are so easily broken; and much of the time it's easier to blame others than to check our own behaviour. No-one likes to be responsible for another's pain so it's easier to turn the blame on the one wronged. In meditating on this portion of Scripture, we would be wise to put ourselves in David's shoes and invite God to search, know and try **our** hearts, that we may be changed and directed in the way God wants us to go. It takes faith and courage to open ourselves to God in prayer, to submit to correction, to be nurtured and guided in godly ways. We need God's '**search, test and try**' process to expose and discard the impurities in our souls. We need God to transform us if we are to become mirrors that reflect to the rest of Creation, the character and nature of God revealed in Jesus Christ. How vital prayer and meditation on the Word are to our discipleship and our relationship with God.

Henri Nouwen, priest, theologian and author, once wrote that much of our praying is 'asking' because there is so much that we think we need, but prayer is an invitation to quietly 'be' with God, letting God speak to us, rather than us always talking at God. Ps 139:22-24 is a call to intimacy with the all-knowing, all-wise Creator of the Universe who knows us through and through.

Geoff Bullock, song writer understood where King David was coming from and put it into a song that you will recognise as The Power of Your Love:

Lord I come to You
Let my heart be changed, renewed
Flowing from the grace
That I have found in You
And Lord I have come to know
The weaknesses I see in me
Will be stripped away
By the power of Your love

Be still, be honest with God, be willing to be changed and see what the power of God's love can do in you.

FRK - Your discipleship team.