



WINTER CHALLENGE  
DECEMBER 2024  
PSALM ONE NINETEEN

DAY 2

VERSE: **1** Beth

How can a young man keep his way pure?  
By keeping watch [on himself] according to Your word [conforming his life to Your precepts].

10 With all my heart I have sought You, [inquiring of You and longing for You];  
Do not let me wander from Your commandments [neither through ignorance nor by willful disobedience].

11 Your word I have treasured *and* stored in my heart, That I may not sin against You.

12 Blessed *and* reverently praised are You, O Lord;  
Teach me Your statutes.

13 With my lips I have told of  
All the ordinances of Your mouth.

14 I have rejoiced in the way of Your testimonies,  
As much as in all riches.

15 I will meditate on Your precepts  
And [thoughtfully] regard Your ways [the path of life established by Your precepts].

16 I will delight in Your statutes;  
I will not forget Your word



Circumcision  
of the  
Heart

– Romans 2:17-29



THEME

INSIGHTS

In this verse (Beth) the Poet is asking how one can keep their ways PURE. When it comes to matters of “inner purity”, scripturally the MOTIVE of OUR HEARTS is what is being weighed. That is why Proverbs 16:1-6 informs us that God examines our motive, no matter how a person’s ways are seemingly pure in their own sight. The inner thoughts of our heart’s echoes louder than what our minds conjure to be deemed as ‘good deeds’ [Psalm 26:2].

It is for this reason that Jeremiah 17 warns us of our deceitful hearts, we cannot fully understand it for it carries secret motives and evil desires. Nonetheless, all hope is not lost for Word of God can and will discern it “exposing and judging the very thoughts and intentions of the heart.” [Hebrews 4:12-13]. Afterwards the Holy Spirit steps in as the Refiner’s Fire to purify and purge our impure motives and selfish desires so that we may desire the Truth in the inner being [Psalm 51:6-13].

That is why the Word of God's asks us to guard our hearts with ALL diligence since from there flow the springs of life [Proverbs 4:23]. This can only be successful by seconding the poet’s instruction “guarding it according to your Word.” What does this look like? Studying the word of God, meditating upon it, apply it in our lives (obedience), which begins the transformation of the Heart and Mind. This is interpreted as to “treasure and store up” God’s Word in our heart.

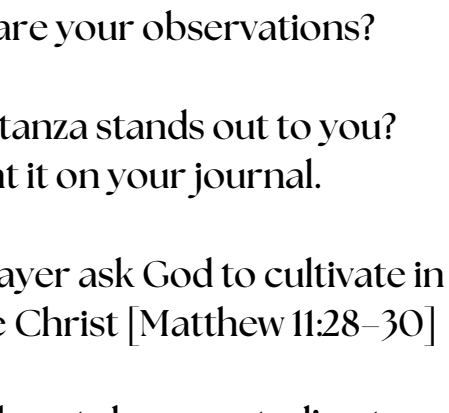
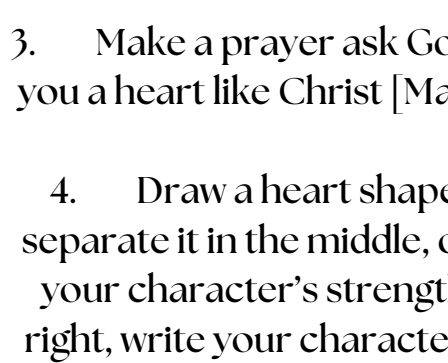
Now, this is not just a simple process rather is why with the promise of a New Covenant “a better covenant” that offers “better promises” God promises in Ezekiel 36:26-27 (Ezekiel 11:19-20)

*Moreover, I will give you A NEW HEART and put a new spirit within you, and I will remove the HEART OF STONE from your flesh and give you a HEART OF FLESH. I will put my Spirit within you and cause you to walk in My statutes, and you will keep My ordinances and do them.*

Seeking God wholeheartedly and His Kingdom will require a TRANSFORMATION OF THE HEART. You cannot walk in His statutes and keep His ordinances “treasure and store up” God’s Word with the OLD HEART.

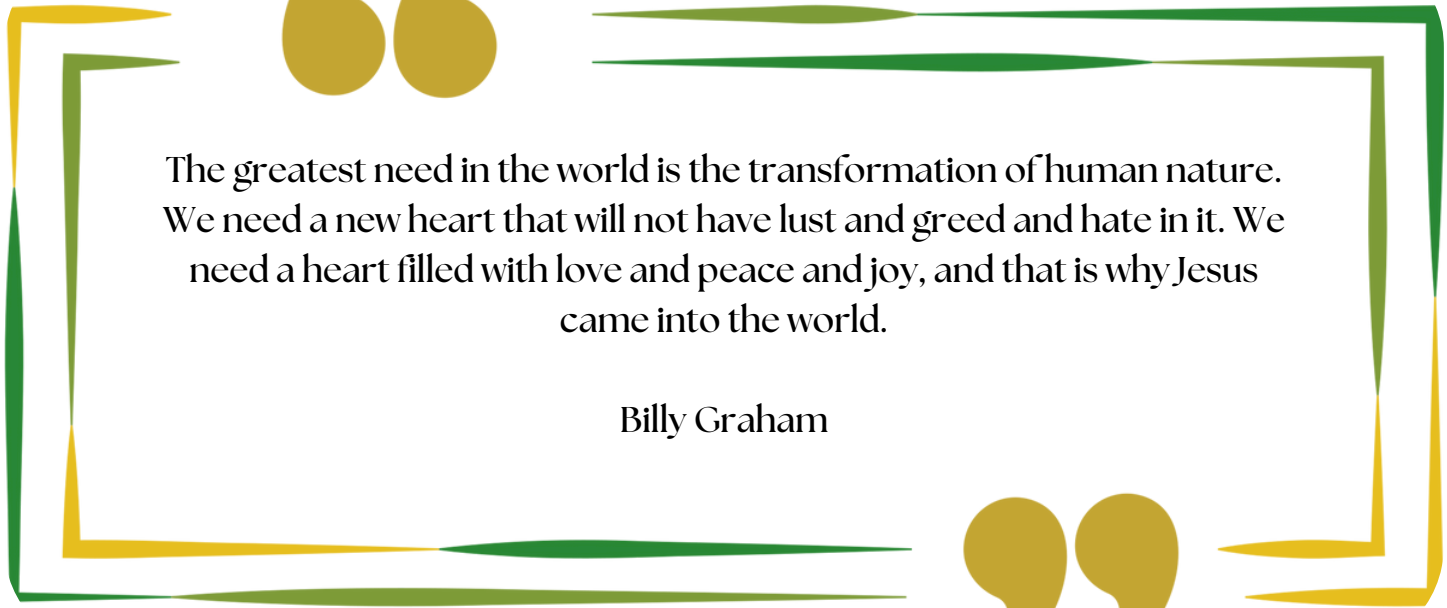
It’s a matter of the heart; only when we receive a NEW HEART will we be obedient to God's commands and submit to His perfect Will for us.

And so, Jesus Christ teaches us through Beatitudes in Matthew 5:8 that “Blessed [anticipating God’s presence, spiritually mature] are the pure in heart [those with integrity, moral courage, and godly character], for they will see God.”

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1. What are your observations?
  2. What Stanza stands out to you?  
Highlight it on your journal.
  3. Make a prayer ask God to cultivate in you a heart like Christ [Matthew 11:28–30]
  4. Draw a heart shape, put a line to separate it in the middle, on the left write your character's strengths and, on the right, write your character's weaknesses
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## CHALLENGE

## INSPIRATION QUOTE



The greatest need in the world is the transformation of human nature. We need a new heart that will not have lust and greed and hate in it. We need a heart filled with love and peace and joy, and that is why Jesus came into the world.

Billy Graham



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Thank You for your participation!