



water from rock

Selah: Stop, Look, Listen – October 2, 2021

The Lord be with you.

Have you ever considered that the words you speak everyday and the thoughts that you have, have you ever considered that your words and thoughts can actually be a daily sacrifice that you can offer to God, and then you can make God smile?

Like priests in ancient Israel offered a daily sacrifices to God, so scripture tells us that you and I can offer a daily sacrifice to God in the words that we speak and the thoughts that we entertain, that they can be pleasing to God.

We see that in a prayer of David, that man after God's own heart. We see that in a prayer that David prays in Psalm 19:14, and I pray, let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my strength and my redeemer. Now is David prays this, he is using Hebrew words that were used, of the daily sacrifice offered up in the temple, a sacrifice that was acceptable to God, so here is a prayer that our words and thoughts be an acceptable daily sacrifice to God. Let the words of my mouth and the meditation of my heart be acceptable to you.

Now, I remember as a boy hearing our pastor pray these words just before our sermon, and I too, I will occasionally pray these words before I preach, but note that this is more than a prayer for the pulpit, this is a prayer for daily life. For the words we speak and the thoughts that we hold onto. I mean, David wasn't a preacher or a priest, David was a shepherd, warrior, a king, and he is praying that the words of its mouth and the meditations, that is the deep thought that he goes on over and over again in his heart, that deep inside where no looking see but God, that they be pleasing to God.

Now, this prayer comes at the end of Psalm 19, that CS Lewis called the greatest psalm in the book of psalms... There's so much here, as David essentially is praising God for revealing himself to us. In the opening verses, he's praising God for the wondrous ways that He reveals himself in creation, he says the heavens are telling the Glory of God and the firmament proclaims his handy work, and then David praises God for revealing himself in scripture in His written word, that David says, is more to be desired than gold, even much fine gold. So he's praising God for revealing Himself in creation and in His word, and that leaves David to this prayer about the words that he speaks in his thought life. You see, when God speaks to us in scripture in creation, it begins to change the way we speak, the way we think, the way we go about life, so that David is then led to pray that the words of my mouth and the meditation of my heart be acceptable to you. David want the words he



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speaks in the course of daily, he wants his Meditations of his heart to be an acceptable sacrifice of worship to God. He wants His words, His thoughts, to make God smile. I think maybe that's the reason why scripture says that David was a man after God's own heart.

Now, I'm seeing that, that this is a pretty big prayer for us to pray about the many words... When we speak every day. I just looked us up online, and it's estimated that on average, women speak 16,250 words per day and men speak 15,699 words per day. Well, and then you add to that all the thoughts that we have in a day, David is praying that those be an acceptable sacrifice, we offer up to God. And so David asks God for help in this, God as his strength and his redeemer, that the words of my mouth and the meditation, my heart be acceptable to you, O Lord, my strength and my redeemer. Lord, I'm gonna need your strength in this. I'm going to need you to be my redeemer, that is my deliverer, the only one who can redeem. Deliver me from the power of sin.

Now, as I say this, I'm thinking of Psalm 141, well it's another Psalm of David, in which David prays to God in Verse 3, set a guard over my mouth, O Lord, keep watch over the door of my lips. Lord, I'm really gonna need you in this, so I'm asking you that the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my strength and my redeemer.

Jesus says in Matthew 11, verse 36, that you and I, we will give account for every idle word we speak. And so this is a pretty important prayer for us to pray, and I wonder how my life and how your life would be different if we would make this prayer a part of our daily life, what difference might it make before a meeting or before getting together with a friend for lunch. How might his prayer change the way we speak to our spouse, our children, our neighbor, our co-worker?

Oh Lord, our strength in our redeemer, may the words of our mouths and the thoughts of our heart be pleasing to you today. At working at home, at church and at play, with family and friends, and meetings, and time alone. In every situation. All the time. To you be the glory.

I'm Tim Smith, a fellow traveler. Thanks for listening until next time.