



## Rock and Redeemer

### Description

May the words of my mouth and the meditation of my heart, be pleasing in your sight, O Lord, my Rock and my Redeemer. (Psalm 19:14)

This passage of Scripture is really challenging me a lot right now. It is so easy to get wrapped up in the things of life that really don't matter. There are moments that continue to slip away almost daily because of the time I spend meditating on the wrong things. My heart needs to continuously find it's way back to God's direction. There is a constant renewal that takes place when I surrender myself to God's plan! In fact, King David was very wise about this matter. He continued to bring his heart back to God for renewal. Let's see how we can do the same through this passage in the Psalms.

#### **"May the words of my mouth..."**

What kind of words are coming out of your mouth? Are your words uplifting and encouraging others? Have your words lifted up the name of your Father in Heaven? Which part of this next verse is true for you?

*"Reckless words pierce like a sword, but the tongue of the wise brings healing."*

*~Proverbs 12:18*

May we become the kind of people whose words produce healing in others!

#### **"...and the meditation of my heart..."**

Every thought we think has to be taken captive. Our hearts tend to meditate on things we have not let go of, things that hurt us, things that we watch in media, and on things that are just plain unhealthy for us. We can choose to meditate on what is right. We can have our thoughts controlled by God and His Word! Here is a verse we need to apply daily to our lives!

*“...we take captive every thought to make it obedient to Christ.”*

2 Corinthians 10:5

**“...be pleasing in your sight...”**

Everything we say and everything we meditate on in our hearts should be pleasing in God's sight. Anything we would be ashamed of declaring in the throne room of God should not be present in our hearts or proceed from our mouths. God is always present even when we don't want to admit He is there. My heart needs a daily check-up and my mouth certainly needs a tighter reign. I'm so glad I have an opportunity to exam these things with Scripture.

**“...O Lord, our Rock and our Redeemer.”**

The Lord is mentioned in three different ways in this passage. Let's find out why these three different ways are mentioned.

1. Lord ~ In the Hebrew, this would be “Jehovah” – the existing one, the proper name of the one true God.
2. Rock ~ God is immovable. He is strong and will not be detoured. He will never fail you.
3. Redeemer ~ in the Old Testament this word was used “to act as kinsman redeemer” Boaz was a kinsman redeemer for Ruth. He was a rescuer for her. He took care of the business that needed to be done in order to make sure he could become her husband. There were the details of the law and family ordinances he needed to follow. God is our redeemer.

Our Lord, Rock, and Redeemer make it possible for us to speak words that are wise and meditate on things that are righteous. There are no excuses to waste any more moments in life! May our moments be spent wisely speaking words that uplift and encourage others. May our moments be spent meditating on God's plans for our lives! May we come back to God daily and ask the same thing that King David asked for in the following verse.

**“Create in me a pure heart, O God, and renew a steadfast spirit within me.”  
(Psalm 51:10)**

*Dear Father God,*

*Please help me to speak words that are wise and meditate on what is right. Lord, I ask that You would clean out my heart. I give You free reign to take out the garbage in my life. May I have a never ending supply of Your refreshing Spirit in me!*

Purify my Heart,

### **Category**

1. Identity in Christ

### **Tags**

1. Devotional
2. God
3. Inspirational
4. Jesus
5. Redeemer
6. Rock

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