

BY HEART

When Scripture becomes second nature

Psalm 4

Learning by heart **takes practice**

Psalms

150 Biblical prayer songs

The Bible's Prayer Book

How they help us learn the faith by heart:

1. They **teach us how to pray**
2. The **content is universal and comprehensive**
3. They are authentic and faithful **emotional expression**
4. **They are sufficient to aid in our attunement with God**

Riches
Power
Fame
Beauty
Happiness

Character
Truths
Convictions
Affections



**Experiencing Attunement
must precede
experiencing majesty**



You can't have real
attunement without
emotional attunement



Emotions and “Validity”

Emotional Structure:

emotional faculty + emotional content = emotional expression

Example:

Anger + injustice = indignation

Sadness + rejection = despondency

Anger + profaneness = hatred

Affection + nobility/loveliness = adoration

Validity: BOTH part of the equation are subject to validity.

Attuning Emotion

Key Emotional Subjects:

1. **Security** – Fear
2. **Justice**- Anger
3. **Confidence**- Courage
4. **Affection**- Love & Hate
5. **Relish**- Joy and Sadness

Every emotional subject has godly and corrupt versions of expression.

True for bad emotional combinations:

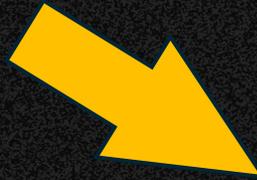
Fear – courage = cowardice
Fear + anger = injustice

True for missing emotional subjects:

Justice – Relish = perturbation
Security – justice = *lots* of evils

The Prayer Convergence

Who God
really is



Who I
really am

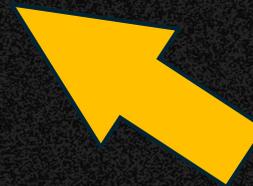


Attuning Prayer
productive and peaceful

Where I'm
really at



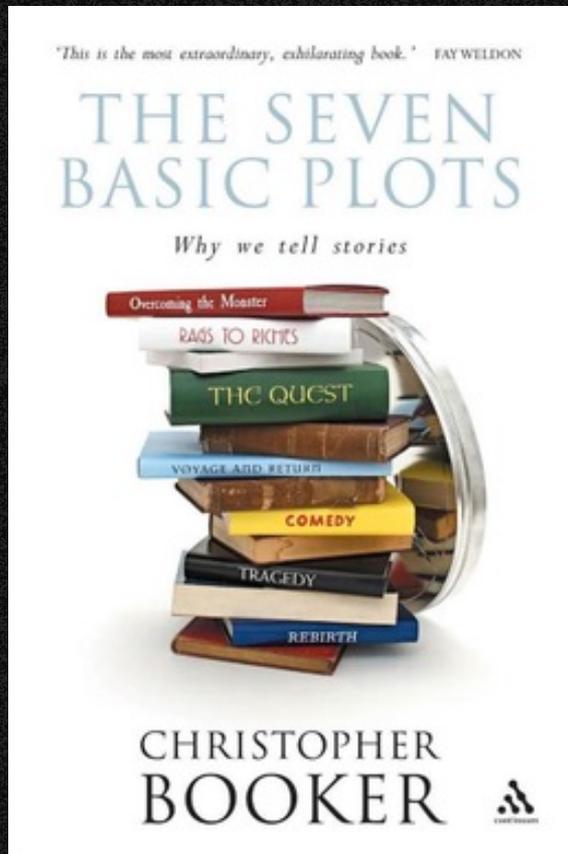
What God
really
says



Specifically utilizing the Psalms

Universal models of expression **that foster attunement**

The themes are repetitive because we are.



Different Psalms & universal experience

What is the universal human experience, emotion and remedy?

Psalm 4:
Fear and conviction

Who is God?
Who am I?
Where am I at?
What do I need?
What is God's truth?
What is faith now?

God HEARS the godly + gives Joy and Peace to His Heart

God hears + listens to the cry of the righteous
- Has given Relief in distress (Lance Record)
↳ So in Gracious generosity - Help me Now

"My Righteousness"

He is My hope

Wicked - Righteous Contrast

Wicked

Humiliates the honorable
+ Honors the shameful
Loves Vanity
Seeks after lies

Righteous

Honors the honorable
Ashamed of the shameful
Seeks the Lord
Lives by the truth.

SET APART The Godly for Himself
THE LORD HEARS When I call
I Am His

CALL To Both to Godliness

- Temperance ① Don't Sin in Your Anger
- Humility ② Examine Your Heart in Quiet Repose - undistracted
- Servitude ③ Offer Right Sacrifices
- Faith ④ Put Your trust in the Lord.

Challenge: Who Will Show us Some Good? Worldliness

I say: Lift up the Light of Your Face upon us, O Lord

Godliness

* More Joy in My Heart than when

GRAIN And WINE ABOUND

Lie down + Sleep - Finality + Vulnerability.

↳ God alone gives security in our real vulnerability.

IN PEACE I Both lie down And Sleep

THE Light of Your FACE Puts Joy in My Heart + I Lie Down to Sleep in Peace!

THIS IS THE Good Thing

Put Your Trust in the Lord.

Challenge: Who Will Show us Some Good? Worldliness

I say: Lift up the Light of Your Face upon us, O Lord Godliness

* MORE Joy in My Heart than when

GRAIN And WINE

ABOUND

Lie down + Sleep - Finality + Vulnerability.

↳ god alone gives security in our real vulnerability.

IN PEACE I Both lie down And SLEEP

THE LIGHT of Your FACE Puts Joy in My Heart + I Lie Down to Sleep in Peace!

Different Psalms & universal experience

What is the universal human experience, emotion and remedy?

Psalm 131 (or 90):
Denial and resignation

Who is God?
Who am I?
Where am I at?
What do I need?
What is God's truth?
What is faith now?

Different Psalms & universal experience

What is the universal human experience, emotion and remedy?

Psalm 117:
Recognition and
rejoicing

Who is God?
Who am I?
Where am I at?
What do I need?
What is God's truth?
What is faith now?

Different Psalms & universal experience

What is the universal human experience, emotion and remedy?

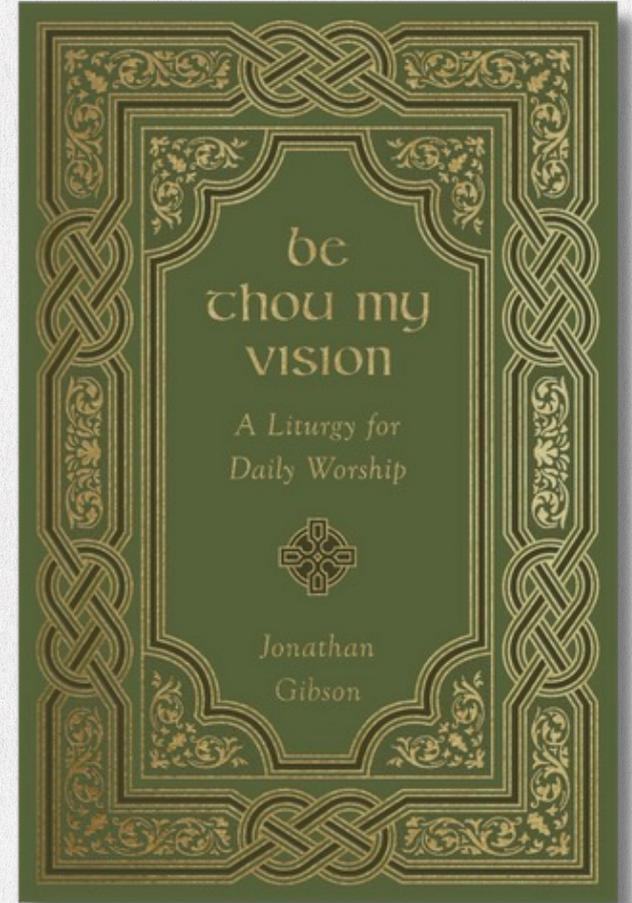
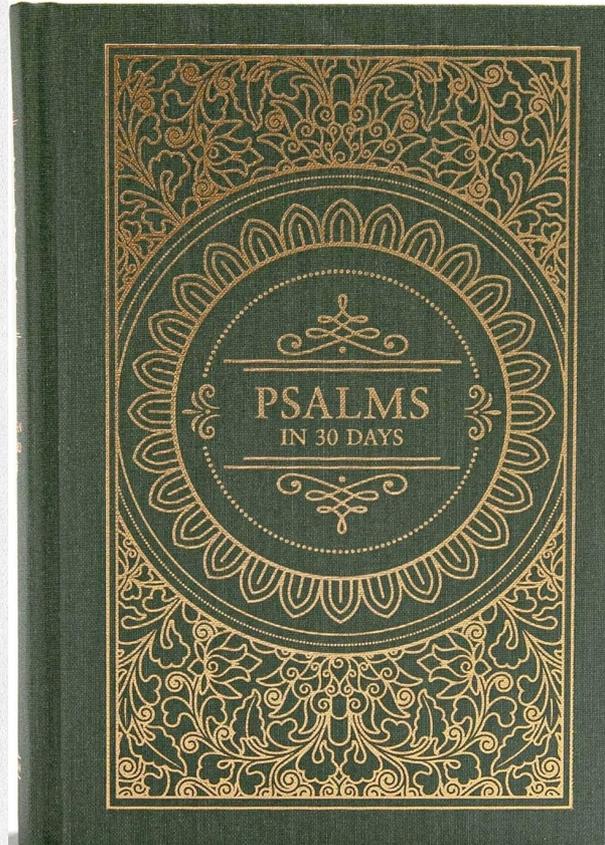
Psalm 51:
Recognition and
repentance

Who is God?
Who am I?
Where am I at?
What do I need?
What is God's truth?
What is faith now?

Example:

Possible tools:

If you want to use something for help and structure in personal devotions and private worship



Different Psalms & universal experience

Psalm 1:

Who is God?

Who am I?

Where am I at?

What do I need?

What is God's truth?

What is faith now?

Different Psalms & universal experience

Psalm 2:

Who is God?

Who am I?

Where am I at?

What do I need?

What is God's truth?

What is faith now?

Different Psalms & universal experience

Psalm 39:

Who is God?

Who am I?

Where am I at?

What do I need?

What is God's truth?

What is faith now?

Different Psalms & universal experience

Psalm 51:

Who is God?

Who am I?

Where am I at?

What do I need?

What is God's truth?

What is faith now?

The transfiguration of the psalms

“The Psalter is the prayer book of Jesus Christ in the truest sense of the word. He prayed the Psalter and now it has become his prayer for all time...we understand how the Psalter can be prayer to God and yet God’s own Word, precisely because here we encounter the praying Christ...because those who pray the psalms are joining in with the prayer of Jesus Christ, their prayer reaches the ears of God. Christ has become their intercessor...”

- Dietrich Bonhoeffer

We pray them united to their truest integrity and emotion.

We aren’t righteous, we don’t long all that much- but he did and does.

Putting it together:

Don't give up
(Don't quit on God)
Luke 18:18

Don't Babble
(He knows, just ask)
Matt 6:7-9

Remember consistently
(Don't forget about God)
1 Thess 5:17

Helping Groans
(God hears our pain & longing)
Romans 8:26

Pray maturely and calmly
(Elevate and attune to God)
Ecc 5:1-4



BY HEART

When Scripture becomes second nature