

With Uprightness of Heart
(Part 1)
Psalm 119:7

Psalm 119:7 reads, “I will praise thee with uprightnes of heart, when I shall have learned thy righteous judgments.”

In this verse we find three ingredients. First, we find the ingredient of praising the Lord. Second, we find the ingredient of an upright heart. Third, we find the ingredient of God’s true and righteous Word. Furthermore, in this verse we find a progression to these three ingredients. Although we encounter the ingredient of praising the Lord first in the sentence, it is actually the last ingredient in the progression of thought. The opening portion of this verse speaks of praising the Lord our God “with uprightnes of heart.” Indeed, in order to so praise the Lord our God, we must first possess the ingredient of an upright heart. In fact, in order for our praise to be acceptable unto the Lord our God, it must flow out of an upright heart. So then, in the progression of thought “uprightnes of heart” must come before acceptable praise unto the Lord. Yet the closing portion of the verse then proceeds to reveal the means to such “uprightnes of heart,” saying, “When I shall have learned thy righteous judgments.” Indeed, the ingredient of an upright heart comes only as and after we learn the righteous truths of God’s Holy Word. In fact, God’s true and righteous Word is the very foundation for an upright heart. An upright heart can only be built upon the foundation of God’s righteous Word. So then, in this series of messages, let us consider the relationship of God’s righteous Word to an upright heart and the process to develop “uprightnes of heart” through the truth of God’s righteous Word.

I. Our hearts must be gleaning from the truth of God’s Word.

The first step in the process to develop “uprightnes of heart” through the truth of God’s righteous Word is revealed in closing portion of **Psalm 119:7** itself – “I will praise thee with uprightnes of heart, when I shall have learned thy righteous judgments.” This first step is bound up in that word “learned.” To develop “uprightnes of heart,” we must first be learning from the wisdom of God’s Holy Word. We must first be gleaning and grasping understanding from the wisdom of God’s Word. Indeed, we must be learning (that is – gleaning and grasping understanding) from the wisdom of God’s Word each and every day. We must be coming and continuing daily to look into and learn from “the perfect law of liberty,” the altogether true and righteous Word of God. (**James 1:25**) We must be watching and waiting daily in God’s Word until we glean and grasp some wisdom from God’s Word. (**Proverbs 8:34**) We must be as the more spiritually noble believers in Berea, searching and studying in God’s Word daily to learn, to glean and grasp, those things that are true. (**Acts 17:11**) Even so, in **2 Timothy 2:15** the instruction is given, “Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.” We must be daily students of God’s righteous and holy Word. We must be studiously learning the truths and wisdom of God’s Word. We must be delighting in the truths and wisdom of God’s Word and meditating therein “day and night.” (**Psalm 1:2**) We must be hungering after and feeding upon the truths and wisdom of God’s, in order that we might grow spiritually thereby. (**1 Peter 2:2**)

II. Our hearts must be governed by the truth of God's Word.

The second step in the process to develop “uprightness of heart” through the truth of God's righteous Word is revealed in the opening portion of **Psalm 119:11** – “Thy word have I hid in mine heart, that I might not sin against thee.” Now, to hide God's righteous and holy Word in our hearts means more than just learning and memorizing it. It means more than just filling our heads with its information. To hide God's righteous and holy Word in our hearts means to fill our hearts with its direction. It means to submit our hearts under the righteous authority of God's righteous and holy Word, such that we follow after its righteous direction in our daily walk. Indeed, those who hide God's righteous and holy Word in their hearts are those who know and pursue the righteous ways of the Lord. (**Isaiah 51:7**) Even so, to develop “uprightness of heart through the truth of God's Word, we must hide (that is – plant and root) God's Word in our hearts as the governing principle for our daily living. We must allow the truth of God's righteous and holy Word to dwell in our hearts richly in all of its wisdom, that it might govern our character, our commitment, our communication, and our conduct. (**Colossians 3:16**) We must take heed unto the way of hearts in order to conform it unto the righteous direction of God's Word. (**Psalm 119:9**) We must receive the doctrine, the reproof, the correction, and the instruction of God's Word with all readiness of mind and with all meekness of heart. (**James 1:21; Acts 17:11**) Yea, we must receive and hide the truths and testimonies, principles and precepts, standards and statutes, counsels and commands, wisdom and warnings, reproofs and rebukes, instructions, exhortations, and admonitions of God's Holy Word into our hearts, inclining our ear and applying our hearts to be governed by its righteous direction. (**Proverbs 2:1-2**) We must root and plant the truths of God's righteous and holy Word in our hearts with a delight to do the righteous will of the Lord our God. (**Psalm 40:8**)

III. Our hearts must be guarded by the truth of God's Word.

The second step in the process to develop “uprightness of heart” through the truth of God's righteous Word is revealed in the closing portion of **Psalm 119:11** – “Thy word have I hid in mine heart, that I might not sin against thee.” As we allow the truth of God's righteous and holy Word to be the governing principle of our daily lives, it will also serve as the guarding power for our daily lives. When we receive and delight in the righteous wisdom of God's Word as the governing principle of our hearts, we will develop the spiritual discretion and understanding to discern between what is godly and ungodly. (**Hebrews 5:14**) Then that spiritual discretion and understanding will guard us from the ways and temptations of ungodliness and will guide us in the ways of godliness. (**Proverbs 2:10-ff**) Even so, not only must we submit our hearts to be governed by the truth of God's righteous and holy Word; but also we must submit our hearts to be guarded by the truth of God's righteous and holy Word. Not only must we allow God's righteous and holy Word to direct us in the way in which we ought to go, but also we must allow God's righteous and holy Word to warn us away from the ways in which we ought not to go. Thus **Psalm 19:10-11** declares concerning the truths and wisdom of God's righteous and holy Word, “More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb. Moreover by them is thy servant warned: and in keeping of them there is great reward.”