

The Psalms

(Lesson 31)

Introduction:

1. According to Luke 24:44, the Psalms are part of the Old Testament Scriptures.
2. Consequently, the Psalms "*were written for our learning*" (Romans 15:4).
3. By studying the Psalms we will gain knowledge on a wide variety of subjects, including "the heart" [the inner part of man that is the center of our thoughts, feelings, and affections].
4. In our lesson we are examining a number of passages from the Psalms and other books of the Bible that provide much needed information concerning our hearts.

Discussion:

I. PASSAGES FROM THE PSALMS

- A. To be in good standing with God, we must have pure hearts (24:3-4).
- B. God knows our hearts (44:21).
- C. We must allow God to search our hearts (26:2; 139:23-24).
- D. God can cleanse our hearts (Psalm 51:10).

II. PASSAGES FROM PROVERBS

- A. The heart is to be "kept" [guarded, protected] diligently (4:23).
- B. The condition of the heart affects our physical and spiritual wellbeing.
 1. "*A sound heart*" [a clear conscience] is healthy, but a heart suffering from a disease such as envy is unhealthy (14:30).
 2. "*A merry heart*" has a positive effect upon the disposition (15:13, 15; 17:22).
- C. The way we think in our hearts will determine what we are (16:9; 23:7).

III. PASSAGES FROM MATTHEW

- A. Having a pure heart is a requirement for seeing God (5:8).
- B. A person's treasure will be where his heart is (6:21).
- C. A person's words come forth from his heart (12:34-37).
- D. All sins originate in the heart (15:18-20).

IV. PASSAGES FROM THE EPISTLES

- A. We must allow Christ to dwell in our hearts (Ephesians 3:17a).
- B. We must allow the peace of God to keep our hearts (Philippians 4:7-8).
- C. We must allow God's peace to rule in our hearts (Colossians 3:15).
- D. We must not allow our hearts to become hardened (Hebrews 3:12-13).
- E. We must have the right kind of wisdom in our hearts (James 3:14-18).