

Lesson Two – June 7

THE HEART OF HOLINESS

PSALM 18:19-30

Overview: David examined the new life he was given when God mercifully reached down and rescued him. It was a life that changed him, a life that brought him out of deep waters, and was more than he ever expected from God. God justified him, gave him a new heart, made him His child, and sanctified him. David began to live a faithful, blameless and pure life – a holy way of life illuminating the world -- as David prayed for God to keep his lamp burning turning darkness into light.

What is the central focus of this Psalm? What is David telling us?

David was in a place of desperation. Just listen to his words as he called out to God. “The cords of death entangled me; the torrents of destruction overwhelmed me. The cords of the grave coiled around me; the snares of death confronted me. In my distress, I called out to the Lord.” (Psalm 18:) And what did God do? “He reached down from on high and took hold of me; He drew me out of deep waters.....He brought me out into a spacious place; He rescued me because He delighted in me.” (Psalm 18:) David is thankful for God who reached down and saved him from his enemies simply because He delighted in David. Now with that backdrop, David begins to describe his new life. He begins by asking what the consequences of God saving him were. Beginning in verse 20 David begins describing the settled state of affairs between himself and the Lord. “*The Lord has dealt.....has rewarded me.....I have kept....I have not done evil.....I have not turned away.....I have kept myself.....The Lord has rewarded me.*” David begins to reflect on the fruit of salvation.

Who does God bless?

Progression or Steps that lead to a deeper relationship with God

The progression to Holiness is beautifully presented by David as he finds himself in the midst of his enemies, with the cords of death wrapped around his feet. Searching for help, he cries out to God and repents of his sins. God hears his plea, and David was overwhelmed with what God provided. He took him under His wings, gave Him refuge, and shielded him. He transformed David giving him

a new heart, turning him away from the things that pursued him, then God justified him, sanctified him, and gave him a new way of life. David became a child of God and God blessed him with a shield of protection, with the rewards of a pure, blameless and Holy life. This is the conversion of the Bible and these same steps are available to us through the life, death and resurrection of Jesus Christ.

How does this impact your walk with God?

Can you identify the blessings that God has given to you?