

“Let the words of my mouth, and The Meditation Of My Heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.”
Psalms 19:14 KJV



“From [the heart] all the arteries arise, and in it all the veins terminate. By its alternate dilatation and contraction, the blood is received from the veins, and returned through the arteries, by which means the circulation is carried on and life preserved.”

(Webster, 1828) The Word “heart” in this verse is translated from the Hebrew word “lêb (labe)” is used figuratively in Scripture for the feelings, the will and even the intellect. The word “meditation” is more than just thought, but it means the ponderings of your heart. That upon which you muse at length to understand, like to study in depth. While our feelings should not determine the level of our faith, they should align with it and be acceptable to God. The way to determine the standard of our feelings is to know God’s Word and to ask ourselves; “Is this in line with what God says or am I just being carried away by the winds of circumstance?” Circumstances often fly in the face of Truth and our feelings are whipped up into a frenzy of raging emotion which more often than not obscures our focus on the absolute Rock of our Salvation and we sink beneath the waves of this tempest! But the waves of our emotion cannot alter or move the Foundation upon which our Lighthouse rests! Worry and care are just wicked forms of pondering our heart does in denial of the absolute Truth of God’s Word! We are commanded, *“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”* If you have a concern or your heart is troubled, tell the Lord and ask Him to reveal His Comfort to you from His Word, and may I say, God’s Word is the only Comfort you have in the storms of life!

When I think upon God’s Word,
And I rest upon the Lord,
Peace will calm my troubled soul,
Heal my wounds and make me whole. –CGP

Our emotions are the barometer of our faith. How you feel is usually in direct proportion to your actual trust in God’s Word! God is concerned about how you feel, because He Loves you. When you have nothing to hold on to, hold onto God! When circumstances drive waves of emotion over your soul, God gives us a solution:

“Humble yourselves therefore under the mighty Hand of God, that He may exalt you in due time: Casting ALL YOUR CARE upon Him; for He careth for you. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist stedfast in the Faith, knowing that the same afflictions are accomplished in your brethren that are in the world.” 1 Peter 5:6-9 KJV