

Title Encourage Your Heart For The Journey
Series Encouragement For The Journey
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Sermon Notes

Psalm 73:1 Surely God is good to Israel, to those who are pure in heart! ²But as for me, my feet came close to stumbling, my steps had almost slipped. ³For I was envious of the arrogant as I saw the prosperity of the wicked. ⁴For there are no pains in their death, and their body is fat. ⁵They are not in trouble *as other* men, nor are they plagued like mankind. ⁶Therefore pride is their necklace; the garment of violence covers them. ⁷Their eye bulges from fatness; the imaginations of *their* heart run riot. ⁸They mock and wickedly speak of oppression; they speak from on high. ⁹They have set their mouth against the heavens, and their tongue parades through the earth. ¹⁰Therefore his people return to this place, and waters of abundance are drunk by them. ¹¹They say, "How does God know? and is there knowledge with the Most High?" ¹²Behold, these are the wicked; and always at ease, they have increased *in* wealth. ¹³Surely in vain I have kept my heart pure and washed my hands in innocence; ¹⁴For I have been stricken all day long and chastened every morning. ¹⁵If I had said, "I will speak thus," behold, I would have betrayed the generation of Your children. ¹⁶When I pondered to understand this, it was troublesome in my sight ¹⁷Until I came into the sanctuary of God; then I perceived their end. ¹⁸Surely You set them in slippery places; You cast them down to destruction. ¹⁹How they are destroyed in a moment! They are utterly swept away by sudden terrors! ²⁰Like a dream when one awakes, O Lord, when aroused, You will despise their form. ²¹When my heart was embittered and I was pierced within, ²²Then I was senseless and ignorant; I was *like* a beast before You. ²³Nevertheless I am continually with You; You have taken hold of my right hand. ²⁴With Your counsel You will guide me, and afterward receive me to glory. ²⁵Whom have I in heaven *but You?* And besides You, I desire nothing on earth. ²⁶My flesh and my heart may fail, but God is the strength of my heart and my portion forever. ²⁷For, behold, those who are far from You will perish; You have destroyed all those who are unfaithful to You. ²⁸But as for me, the nearness of God is my good; I have made the Lord GOD my refuge, that I may tell of all Your works. *NASB*

Big Idea:

Psalm 73:26

My flesh and my heart may fail, but God is the strength of my heart and my portion forever. *NASB*

For Reflection & Application:

Monday:

- Read Psalm 73:1-3. What are some of the things that can cause your feet to stumble when you are following God?

Prayer: "Lord, help me to recognize the things that tend to distract me from following You, so that my feet will not stumble as I follow You on this journey."

Tuesday:

- Read Psalm 73:4-14. Have you ever felt that you are following God in vain, that following Him is somehow not worthwhile?

Prayer: "Heavenly Father, I honestly sometimes feel that I would be better off not following You, that I could do better on my own! Yet deep down, I know that You know the best way, whereas I am but blind to the journey ahead. Please help me to see that following You is never in vain."

Wednesday:

- Read Psalm 73:23-24. If the definition of "encourage" is to give support, to give hope, then according to these verses, who is it that encourages our heart?

Prayer: "Dear Father, thank you for being my Dad, the encourager of my heart. When the journey gets rough, I always know that I can spend some time with you, and you fill my heart with hope."

Thursday:

- Read Psalm 139:8-10. How does this verse parallel Psalm 73:23-24, which we read yesterday? Does God promise wealth, health, earthly power, financial riches? What does He promise in these verses?

Prayer: "Heavenly Father, how easily I become distracted by the excesses of this world. Please help me to focus on Your promises, on things of eternal value."

Friday:

- Read Psalm 73:25-28. Verse 26 states that God is our portion. What does this mean? At what point during the journey can you begin to enjoy your "portion"?

*Prayer: "Heavenly Father, whom have I in heaven but You? And besides You, I desire nothing on earth. My flesh and my heart fail, but You are the strength of my heart and my portion forever, Amen."
(from Psalm 73:25-26)*