

Women's Bible Study  
Psalm 119:69-70

When you think of "the heart" what is the first thing that pops into mind?  
- Disney's "Aladdin" - *Just let your heart decide*

Today we are going to be looking at a comparison that David makes about the heart is Psalm 119:69-70

Let's begin by taking a look at the context of our verses which we studied last week.

Context:

**Psalm 119:65-72**

**You have dealt well with your servant, O Lord, according to your word. Teach me good judgment and knowledge, for I believe in your commandments. Before I was afflicted I went astray, but now I keep your word. You are good and do good; teach me your statutes. The insolent smear me with lies, but with my whole heart I keep your precepts; their heart is unfeeling like fat, but I delight in your law. It is good for me that I was afflicted, that I might learn your statutes. The law of your mouth is better to me than thousands of gold and silver pieces. (ESV)**

**You have dealt well with your servant, O Lord, according to your word. Teach me good discernment and knowledge, for I believe in your commandments. Before I was afflicted I went astray, but now I keep your word. You are good and do good; teach me your statutes. The arrogant have forged a lie against me; with all my heart I will observe your precepts. Their heart is covered with fat, but I delight in your law. It is good for me that I was afflicted, that I may learn your statutes. The law of your mouth is better to me than thousands of gold and silver pieces. (NAS)**

**Do good to your servant according to your word, Lord. Teach me knowledge and good judgment, for I trust your commands. Before I was afflicted I went astray, but now I obey your word. You are good and what you do is good; teach me your decrees. Though the arrogant have smeared me with lies, I keep your precepts with all my heart. Their hearts are callous and unfeeling, but I delight in your law. It was good for me to be afflicted so that I might learn your decrees. The law from your mouth is more precious to me than thousands of pieces of silver and gold. (NIV)**

\* If you look at different translations of our passage, like I said last week, they are very much the same. The only difference you really see are in our verses today so we will be looking at some definitions to make sure we understand what they words mean.

Review:

Anything that stood out to you, applications from last week?

God is good and he uses trials to instruct us because he knows trials draw us to truth and to him and knowing him is the greatest good.

Psalm 119:69-70 – “The insolent smear me with lies, but with my whole heart I keep your precepts; their heart is unfeeling like fat, but I delight in your law.”

- If it is helpful for you, you can fill in your chart on the back of your application questions as we go and see the contrast today between the heart of the insolent and the heart of the righteous.

The Insolent	The Righteous

V.69a “THE INSOLENT SMEAR ME WITH LIES”

The Insolent	The Righteous
Smear the righteous with lies	Smeared with lies

“Insolent” *ZED* – “arrogant, presumptuous, proud”

“Smear” *TAPAL* – “to stick on as a patch,” “plaster over, stick glue,” “to impute falsely”

- about the word “smear” ... it is “a metaphor...intimating that the enemies of the prophet not only loaded him with course reproaches, but also invented crimes against him and did so with great cunning and colour of truth, that he might seem to be the blackest of characters” (Calvin, 453).

- The idea of slander that ruins somebodies reputation.

“It often lacerates a man’s heart, and destroys his good name, which may be dearer than life.” (Exell 74)

- David’s reputation, what people think of his character and integrity, are ruined by these people.

How can you relate to this experience of David’s? Have you ever been slandered in such a way that your reputation was ruined?

- In many ways I cannot relate to David because David was the king over God’s people so for him to have his reputation ruined is a much bigger deal than for people to think bad things about me. For example, if Dale were to have his reputation smeared with lies, this

would be a much greater tragedy and I am sure it would weigh very heavily on Dale because of how it reflects on Christ and the Church. But I can still relate to the shame and embarrassment and heaviness and frustration of knowing that lies people believe about me reflect on my family, on my church, and on Christ. I think we can all relate to having people misunderstand us or believe untruths about us, even if it wasn't based on intentional lies spread about us. (For example, people think I am good at sewing and I am not).

- Christ can relate to the experience of David. In fact, he was smeared with lies by the insolent to a greater extent even than David. He was the Son of God, the Messiah, and yet prideful people were able to convince others that he was a liar and a criminal.

**Hebrews 4:14-18** “Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin, Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

I don't know your experience of being slandered but we can be comforted to know Christ can relate to our experience of people thinking untruths about us, really in a far greater way than we will ever understand.

So what should be our response when someone slanders us or when others think untruths about us?

The Example of Paul:

**2 Corinthians 10:17** – “Let the one who boasts, boast in the Lord. For it is not the one who commends himself who is approved, but the one whom the Lord commends.”

**2 Corinthians 11:30** – “If I must boast, I will boast of the things that show my weakness.”

**2 Corinthians 12:9b** – “Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”

- Dale's message: Paul defends himself for the sake of Christ and of the ministry.

What are your motives when you defend yourself?

- our own pride, our reputation, the “right to be understood”

The Example of Christ:

**1 Peter 2:19-23** “For this is a gracious thing, when mindful of God, one endures sorrows while suffering unjustly. For what credit is it if, when you sin and are beaten for it, you endure? But if when you do good and suffer for it you endure, this is a gracious thing in the sight of God. For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. He committed no sin, neither was deceit found in his mouth. When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.”

- Our goal must be to live righteously, so that when others do think untruths about us we can entrust ourselves to the Lord knowing he is a just judge.

“The prophet's example (David's example) is the more to be attended to, that we may not be appalled by the malignity of men (we should not be surprised when people sin against us); that we may not cease to nourish within us the fear of God, even when they may have succeeded in destroying our reputation in the sight of our fellow-creatures; and that we may be contented to have our piety shining at the judgment seat of God, although it may be defaced by the calumnies of men. So long as we depend upon the judgment of men, we will always be in a state of fluctuation, as has been already observed...Let us therefore learn to cast our eyes to that heavenly stage, and to despise all the malicious reports which men may have spread against us.” (Calvin 453)

- We must remember, even our reputations and what others think of us is in the hands of God. He is sovereign over the actions of the wicked and he is sovereign over people's thoughts. And as we considered last week, we can find joy knowing God is good in these trials and that he is growing us through them.

Transition:

V.69a “The insolent smear me with lies,” David's reputation has been ruined by lies, “Whole-hearted obedience [is] the best solace under slander; the best answer to it; and the best way of converting the slanderers” (Spurgeon, 458). So what is David's response?

V. 69b “BUT WITH MY WHOLE HEART I KEEP YOUR PRECEPTS.”

The Insolent	The Righteous
Smear the righteous with lies	Smeared with lies
	Heart that keeps his precepts

“Heart” *LEB* - “feelings, will and intellect” “mind,” “understanding”

How would you complete the sentence, “with my whole heart I...

- ...hate so and so
- ...want this promotion (thing I deserve)
- ...want a husband/children etc. (thing that will make me happy)
- ...world peace
- ...can't go through that again
- ...want to enjoy my family and have peace

What does the Bible tell us about our hearts?

**1 Kings 3:9** “Give your servant therefore an understanding MIND to govern your people, that I may discern between good and evil, for who is able to govern this your great people?” – the heart includes the mind.

**1 Chronicles 12:33** “of Zebulun 50,000 seasoned troops, equipped for battle with all the weapons of war, to help David with SINGLENES OF PURPOSE.” - the heart includes our purpose

**Job 1:8** “And the Lord said to Satan, ‘have you CONSIDERED my servant Job, that there is none like him on earth, a blameless and upright man, who fears God and turns away from evil?’” - the heart includes our considerations (Satan has a heart)

**Jeremiah 19:5** “and have built the high places of Baal to burn their sons in the fire as burnt offerings to Baal, which I did not command or decree, nor did it come into my MIND – “ - God has the same idea of a “heart” that we have, and evil does not enter into it.

**Proverbs 3:5** “trust in the Lord with all your HEART, and do not lean on your own understanding. – we are commanded to trust God rather than our own understanding.

**Jeremiah 17:9, 10** “The HEART is deceitful above all things, and desperately sick; who can understand it? ‘I the Lord search the HEART and test the mind, to give every man according to his ways, according to the fruit of his deeds.’” - the reason why we should trust God rather than our own understanding: our heart is deceptive and God is the ONLY ONE who understands it.

**Ezekiel 14:4** “Therefore speak to them and say to them, thus says the Lord God: anyone of the house of Israel who takes his idols into his HEART and set the stumbling block of his iniquity before his face, and yet comes to the prophet, I the Lord will answer him as he comes with the multitude of his idols.” - we are capable of actually having idols in our hearts.

**Ezekiel 11:19**, “And I will give them one HEART, and a new spirit I will put within them. I will remove the HEART of stone from their flesh and give them a heart of flesh.” - We need new hearts.

**Ezekiel 18:31** “Cast away from you all the transgressions that you have committed, and make yourselves a new HEART and a new spirit! Why will you die, o house of Israel? - we have some responsibility in getting a new heart.

What does Jesus say about our hearts?

**Matthew 5:28** “**But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.**” – we are capable of sinning in our hearts without any outward action.

**Matthew 18:35** “**So also my heavenly father will do to everyone of you, if you do not forgive your brother from your heart.**” - Outward action is not enough to demonstrate righteousness, it must come from our hearts.

**Matthew 6:21** “**For where your treasure is, there your heart will be also.**” - Our heart is reflected in whatever we value. Is it God or is it an idol?

**Matthew 15:18-19** “**But what comes out of the mouth proceeds from the heart, and this defiles a person. For out of the heart comes evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander**” – If sin is stored up in our hearts, it will come out.

**Matthew 12:34b** “**For out of the abundance of the heart the mouth speaks.**” - Our words show what is in our hearts. What do my words say about my heart?

**Matthew 11:29** “**Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.**” – The King, the Creator, the Lord of the universe has a humble heart. What kind of heart should we have?

Heart 101: Its how we feel, how we make decisions, the truth we think on and, like Dale’s worship model, it can either be bowed before the Lord or before idols.

David’s response to having the insolent smear him with lies is not to be anxious, frustrated, fearful or defensive. Instead it is to bow before the Lord and to be obedient to God’ commands, **WITH HIS WHOLE HEART.**

Transition: The Contrast....

V. 70a - "THEIR HEART IS UNFEELING LIKE FAT."

<b>The Insolent</b>	<b>The Righteous</b>
Smear the righteous with lies	Smearred with lies
Heart that is unfeeling like fat	Heart that keeps his precepts

"Heart" *LEB* – "feelings, will, and intellect"

"Unfeeling" *TAPAS* – "to be thick," "to be stupid," "fat"

"Fat" *HELEB* – "fat"

-The heart is fat like fat? I was pretty confused by the meaning of this verse, so lets look at some commentators that I think explain it really well:

"The heart of the corrupt: 'as fast as grease,' - insensible to moral motives. All the moral nerves of the soul are benumbed by sin." (Exell, 74)

"In this condition men have no heart except for luxury, their very being seems to swim and stew in the fat of cookery and banqueting." (Spurgeon, 273).

"A fatty heart [is] the diagnosis of the disease. Its symptoms: pride, no delight in God, nor in his law; dislike to his people; readiness to lie." (Spurgeon, 458)

I don't know if this is still true scientifically since I think this guy is really old but I still think what he says helps add to our understanding of this verse... "The fat of the human body, as physiologists inform us, is absolutely insensible; the lean membranous parts being those only which are sensitive. Accordingly, *fatness of heart* is used, with my propriety, to express the insensibility, stupidity, or sensuality of those feelings or affections of which the heart is considered the seat." (Calvin, 453)

- so basically a heart that is "fat like fat" is insensitive to sin and only finds joy in worldly pleasures.

What manifestations of having a "fatty heart" do you see in your own life now or before you became a believer?

- Lack of compassion for others
- desire for worldly pleasures (nice clothes, nice home, good food, sleep, etc)

Transition: Final Contrast – we have seen the insolent ruining the reputation of the righteous. We have seen the righteous responding by setting their whole hearts on the Truth, the Word of God. We have seen the heart of the wicked delighting in worldliness. And in our final section we will see what is the delight of the righteous.

Cross-reference: **Isaiah 6:10** "Make the heart of this people dull (FAT), and their ears heavy, and blind (DELIGHT) their eyes; lest they see with their eyes, and hear with their ears, and understand with their hearts and turn and be healed. – God talking about Israel because of their sinfulness. His judgment is that they will be given these "fat" hearts and their eyes will be blinded so that they are unable to repent. The word for "blinded" is the same word in our next phrase translated "delight."

<b>The Insolent</b>	<b>The Righteous</b>
Smear the righteous with lies	Smearred with lies
Heart that is unfeeling like fat	Heart that keeps his precepts
Blinded by delight	

<b>The Insolent</b>	<b>The Righteous</b>
Smear the righteous with lies	Smeared with lies
Heart that is unfeeling like fat	Heart that keeps his precepts
Blinded by delight	Delight in God's Law

"Delight" SA'A – "amuse/please self" "blind"

What worldly things do you delight in? What amuses you, pleases you? What blinds you?

- relaxation, rest, comfort

- David says God's word is what amuses him, pleases him, blinds him to other things.

"No one who loves holiness has the slightest cause to envy the prosperity of the worldling," (Spurgeon, 273). If we are delighting in God's Word we won't even be tempted to find our delight in worldly things. We will be "satisfied" as Dale says.

"It is as if he (David) declared that this was the food on which he fed, and with which he was refreshed in the highest degree; which could not have been the case had not his heart been freed, and thoroughly cleansed from all unhallowed pleasures." (Calvin, 454)

- We are now going to look at this idea of our hearts being "freed" to delight in God's law and what they were freed from.

<b>The Insolent</b>	<b>The Righteous</b>
Smear the righteous with lies	Smeared with lies
Heart unfeeling like fat	Heart that keeps his precepts
Blinded by delight	Delight in God's Law
"Fatty degeneration of the heart" (Spurgeon, 458)	"Thorough regeneration of the heart" (Spurgeon, 458)
<p><b>Genesis 6:5, 6</b> "the Lord saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his HEART was only evil continually. And the Lord regretted that he had made man on the earth, and it grieved him to his HEART."</p> <p><b>Exodus 4:21b</b> "But I will harden his HEART, so that he will not let the people go."</p> <p><b>*Isaiah 6:10</b> "make the heart of this people dull, and their ears heavy, and blind their eyes; lest they see with their eyes, and hear with their ears, and understand with their HEARTS, and turn and be healed."</p> <p><b>Isaiah 29:13</b> "And the Lord said: 'because this people draw near with their mouth and honor me with their lips, while their HEARTS are far from me, and their fear of me is a</p>	<p><b>Matthew 5:8</b> "Blessed are the pure in heart, for they shall see God."</p> <p><b>Matthew 22:37</b> "and he said to him, 'you shall love the Lord your god with all your heart, and with all your soul and with all your mind.'"</p> <p><b>Romans 5:5</b> "and hope does not put us to shame, because Gods love has been poured into our hearts through the Holy Spirit who has been given to us."</p> <p><b>Romans 6:17</b> "But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed."</p> <p><b>Romans 10:9,10</b> "Because if your confess with your mouth that Jesus is Lord and believe in your heart that God raised</p>

<p>commandment taught by men...”</p> <p><b>Jeremiah 13:10; “This evil people, who refuse to hear my words, who stubbornly follow their own HEARTS...”</b></p> <p><b>Jeremiah 14:14 “and the Lord said to me: ‘the prophets are prophesying lies in my name. I did not send them, nor did I command them or speak to them. They are prophesying to you a lying vision, worthless divination, and the deceit of their own MINDS.’”</b></p> <p><b>Jeremiah 16:12 “and because you have done worse than your fathers, for behold, every one of you follows his stubborn, evil WILL, refusing to listen to me.”</b></p> <p><b>Matthew 13:15 “For this people’s heart has grown dull,” (Jesus quotes Isaiah 6:9-10)</b></p> <p><b>Matthew 15:8 “This people honors me with their lips, but their heart is far from me.”</b></p> <p><b>Mark 3:5 “And he looked around at them with anger, grieved at their hardness of heart, and said to the man, ‘stretch out your hand.’ He stretched it out and his hand was restored,”</b></p> <p><b>Romans 1:21,24 “For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking and their foolish hearts were darkened...Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves.”</b></p> <p><b>Romans 2:5 “But because of your hard and impenitent heart you are storing up wrath for yourself on the day of wrath when God’s righteous judgment will be revealed.”</b></p> <p><b>Hebrews 3:12 “Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God.”</b></p> <p>“There is, and always ought to be, a vivid contrast between the believer and the sensualist, and that contrast, is as much seen in the affections of the heart as in the actions of the life; their heart is as fat as grease, and our heart is delighted with the law of the Lord. Our delights are a better test of our character than anything else; as a man’s heart is, so is the man” (Spurgeon, 273).</p>	<p><b>him from the dead, you will be saved. For with the heart one believes and is justified and with the mouth one confesses and is saved.”</b></p> <p><b>Galatians 4:6 “And because you are sons, God has sent the Spirit of his Son into our hearts, crying “Abba! Father!””</b></p> <p><b>Ephesians 1:18 “Having the eyes of our hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints...”</b></p> <p><b>Ephesians 3:17 “So that Christ may dwell in your heart through faith – that you being rooted and grounded in love...”</b></p> <p><b>Philippians 4:7 “And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”</b></p>
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- The reality is we were all the insolent with hearts unfeeling like fat but God has done the work so that we might have hearts that delight in his law. The contrast is incredible.

Conclusion:

Because of what Christ has done (freed me from my sin, filled me with the Spirit, raised me from death to life) I can understand what the Psalmist means when he says, “with my whole heart I keep your precepts, I delight in your law.”

“Though I am poor, emaciated, pale, - disappointed, slandered, persecuted, - though my lot in life is among the lowly and the despised, - yet I will adhere to my purpose to keep thy law. It is, and it shall be, my delight, whatever may be the effects of so observing it,” (Barnes, 199).

Praise God for his good grace in giving us a new heart that delights in him and delights in the trials that draw us closer to him.

## Application Questions

### Psalm 119:69-70

How can I relate to the experience of David in verse 69? Read Hebrews 4:14-18. How can Christ relate?

What are my motives when I defend myself? Read 2 Corinthians 10:17; 2 Corinthians 11:30; 2 Corinthians 12:9b; and 1 Peter 2:19-23. What should be my response when someone slanders me or when others think untruths about me?

What manifestations of having a “fatty heart” do I see in my life now or before I became a believer?

What worldly things do I delight in? What amuses me, pleases me? What blinds me?

Read Genesis 6:5-6; Isaiah 29:13; Jeremiah 16:12; Romans 2:5; Hebrews 3:12. Now read Romans 5:5; Romans 6:17; Romans 10:9-10; Galatians 4:6; and Ephesians 1:18. How do I know whether I have a new soft heart or an old heart of stone?

Write out a prayer confessing any areas of your life where you still have a hard, unfeeling heart and thanking God for giving you a new heart.

<b>The Insolent</b>	<b>The Righteous</b>