

Psalm 141:1-2 (NIV)

O LORD, I call to you; come quickly to me. Hear my voice when I call to you.

² May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

Psalm 141:3-4 (NIV)

Set a guard over my mouth, O LORD;
keep watch over the door of my lips.

⁴ Let not my heart be drawn to what is evil,
to take part in wicked deeds with men who
are evildoers; let me not eat of
their delicacies.

Psalm 141:8-9 (NET)

Surely I am looking to you, O sovereign LORD. In you I take shelter. Do not expose me to danger. ⁹ Protect me from the snare they have laid for me, and the traps the evildoers have set.

**My Eyes are FIXED
on YOU**

Psalm 141:1-10

I have often repented of having

SPOKEN

but **never** of having been

SILENT

→ There are good Reasons for **LIFTING**
up our Hands to God

² Accept my prayer as incense offered to
You, and my upraised hands as an
evening offering. (NLT)

Psalm 28:2 (NIV)

Hear my cry for **MERCY** as I call to You
for **HELP**, as I **LIFT UP** my **HANDS**
toward Your Most Holy Place.

Psalm 63:3-4 (NLT)

Your unfailing **LOVE** is better than life itself;
how I PRAISE You. ⁴ I will praise You
as long as I live,
LIFTING UP my HANDS to You in prayer.

→ There is Great **POWER** in our
WORDS

³ Take **CONTROL** of what I **SAY**,
O LORD, and **GUARD** my **LIPS**. (NLT)

The **tongue** is the **primary tool**
in **God's tool box**
or it is the **chief weapon**
of the **devil...** Spurgeon

Proverbs 13:3 (NIV)

He who **GUARDS his LIPS** guards his **life**,
but he who **SPEAKS RASHLY** will come
to **ruin**.

Proverbs 10:19 (NIV)

When **WORDS** are **MANY**,

sin is not absent,

but he who **HOLDS** his **TONGUE**

is wise.

The FEAR of the Lord stood at the
door of their hearts, to examine every
THOUGHT before it went in,
and at the door of their lips,
to examine every **WORD** before
it went out...

Spurgeon

³ Set a **GUARD** over **my MOUTH**,
O LORD;
keep **WATCH** over the door of
my LIPS.

**→ PRAYER should MOVE us to
ACTION**

⁴ Don't let me **DRIFT** toward evil or
TAKE PART in acts of wickedness.
Don't let me **share** in the **delicacies**
of those who **do wrong**. (NLT)

Evil acts **BEGIN** with evil
Desires

we must ask **God to change us**
from the **INSIDE OUT.** LAB

PRAYER - God **HELP** me

REMOVE yourself - Get **AWAY**

**→ Being Rebuked or Corrected
IS a GOOD Thing**

⁵ Let the godly **strike me**. It will **be a kindness**. If they **correct me**, it is **soothing** medicine.

Don't let me **refuse it...** (NLT)

Let me **ACCEPT** meekly
a **REBUKE** that is meant kindly
by a good man. Knight

Proverbs 15:31 (NIV)

He who listens to a **life-giving REBUKE**
will be at home **among the wise.**

Proverbs 27:5-6 (NIV)

Better is **open REBUKE** than **hidden love**.

⁶ Wounds from a **friend** can be **trusted**,
but **an enemy** multiplies kisses

Welcome **CORRECTION...**

- **Embrace** it
- **Appreciate** it
- **LEARN** from it
- do not **REJECT** it

→ **Our FOCUS** should be our
Sovereign God

⁸ **BUT** my eyes are **FIXED** on You,
O **Sovereign LORD**;
in **You** I take **REFUGE...**

Hebrews 6:19-20 (NLT)

This HOPE is a **strong** and **trustworthy anchor** for our **souls**. It leads us **through the curtain into God's INNER sanctuary**.

²⁰ **Jesus has already gone in there for us.**

He has become our eternal High Priest
in the order of Melchizedek.

¹ O LORD, I am **CALLING** to You.
Listen when I **CRY** to You for help.

² **Accept** my **PRAYER** as **INCENSE**
offered to You... (NLT)

Isaiah 1:13 (NIV)

Stop bringing **MEANINGLESS**
offerings.

Your incense is **DETESTABLE**
to **ME...**

Prayer is the **Result** of our
WEAKNESS,
and the **Expression** of our
DEPENDENCE.