

Psalm 141:1-2 (NIV)

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

<sup>2</sup> 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.

<sup>4</sup> 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. <sup>9</sup> 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

<sup>2</sup> 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. <sup>4</sup> I will praise You**  
as long as I live,  
**LIFTING UP my HANDS to You in prayer.**

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

<sup>3</sup> 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

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

**→ PRAYER should MOVE us to  
ACTION**

<sup>4</sup> 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**

<sup>5</sup> 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**.

**<sup>6</sup> 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**

<sup>8</sup> **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**.

<sup>20</sup> **Jesus has already gone in there for us.**

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

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

<sup>2</sup> **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.**