

Day Fifteen

Psalm 139

Search My Heart



We now know that we need to ask Father God to create in ourselves a clean heart. But the Bible also tells us that we don't know our own hearts.¹ So how can we ask God to remove something we don't know exists?

Let's go to the Father in prayer:

Heavenly Father, I come to you this morning, continuing to pursue a heart that pleases you. But I know that often I'm not aware of things lurking beneath the surface of my mind, will, and emotions. Teach me this morning how I can cooperate with your Holy Spirit in the process of presenting my heart for healing and wholeness. Help me today to walk consistently before you with a clean heart. I ask this in the name and authority of your son Jesus Christ, Amen.

God called David a man after His own heart; think about that for a moment. David, a man with a string of failures on his resume. And yet God called him a man after His heart. God did not identify David with his shortcomings, but rather with his pursuit. Meditate on that this morning. Allow it to free you to be transparent with God about your struggles. He's not recording them, he's removing them! Hold nothing back!



[For your convenience, we have added a soundtrack to the background as you meditate on the word of God. You are welcome to keep this playing in the background that will end after 20 minutes followed by closing prayer.](#)

Psalm 139

For the choir director: A psalm of David. ¹O Lord, you have examined my heart and know everything about me. ²You know when I sit down or stand up. You know my thoughts even when I'm far away. ³You see me when I travel and when I rest at home. You know everything I do. ⁴You know what I am going to say even before I say it, Lord. ⁵You go before me and follow me. You place your hand of blessing on my head. ⁶Such knowledge is too wonderful for me, too great for me to understand! ⁷I can never escape from your Spirit! I can never get away from your presence! ⁸If I go up to heaven, you are there; if I go down to the grave, you are there. ⁹If I ride the wings of the morning, if I dwell by the farthest oceans, ¹⁰even there your hand will guide me, and your strength will support me. ¹¹I could ask the darkness to hide me and the light around me to become night - ¹²but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you. ¹³You made all the delicate, inner parts of my body and knit me together in my mother's womb. ¹⁴Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. ¹⁵You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. ¹⁶You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. ¹⁷How precious are your thoughts about me, O God. They cannot be numbered! ¹⁸I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me! ¹⁹O God, if only you would destroy the wicked! Get out of my life, you murderers! ²⁰They blaspheme you; your enemies misuse your name. ²¹O Lord, shouldn't I hate those who hate you? Shouldn't I despise those who oppose you? ²²Yes, I hate them with total hatred, for your enemies are my enemies. ²³Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴Point out anything in me that offends you, and lead me along the path of everlasting life. ²

¹ [Jeremiah 17:9-10](#)

² Tyndale House Publishers. (2013). [Holy Bible: New Living Translation](#) (Ps 139). Carol Stream, IL: Tyndale House Publishers.