

# “Love Lifted Me Recovery Ministries”

## Favorite Psalms Bible Study - Part 2

### Psalm 95:7b-11

### Lesson #9

\*\*INSTRUCTIONS: Read the entire section of Scripture in Psalms before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God’s word.  
Most Scriptures are from the New King James Version.

7b-9 **Today, if you will HEAR His VOICE; do NOT HARDEN your HEARTS, as in the rebellion, and as in the day of trial in the wilderness, when your fathers tested Me; they proved Me, though they saw My work.**

•**Hebrews 3:12-13** “Beware, brethren, lest there be in any of you an evil \_\_\_\_\_ of \_\_\_\_\_ in departing from the living God; but exhort one another daily, while it is called ‘Today,’ lest any of you be \_\_\_\_\_ through the \_\_\_\_\_ of \_\_\_\_\_.”

•**Psalm 139:23-24** “Search me, O God, and \_\_\_\_\_ my \_\_\_\_\_; try me, and know my thoughts: and see if there be any \_\_\_\_\_ way in me, and lead me in the way everlasting.”

**Definition: “Today, if you will HEAR His VOICE”** – God is always speaking to people, through preaching, His written word, and sometimes in miraculous ways. Mankind’s problem is that we don’t LISTEN, HEAR or OBEY His voice

•**Deuteronomy 18:18** “I will raise up for them a \_\_\_\_\_ like you from among their \_\_\_\_\_, and will put My \_\_\_\_\_ in His mouth, and He shall speak to them all that I command Him. And it shall be that whoever will not \_\_\_\_\_ My \_\_\_\_\_, which He \_\_\_\_\_ in My \_\_\_\_\_, I will require it of him.”

•**Matthew 17:5** “While he was still speaking, behold, a bright cloud overshadowed them; and suddenly a \_\_\_\_\_ came out of the cloud, saying, ‘This is My beloved \_\_\_\_\_, in whom I am well pleased. \_\_\_\_\_ Him!’”

**Definition: “Do NOT HARDEN your HEARTS”** – Hardness of heart in the Bible usually means the inability to discern spiritual things, and can also have the idea of lack of feeling or lack of compassion for others. In this Scripture, for the most part the meaning is **inability to discern and understand the things of God, especially NOT OBEYING God**, but realize that some hardness, like scar tissue, is also lacking in ability to FEEL! The person with the hardened heart is often unable to FEEL the compassion that God would have them feel over lost souls going to hell, or FEEL the sorrow of God over the sin in their own lives, and their need for repentance. This hardening is a PROCESS. Just as water does not harden into ice in a moment, and soft clay does not harden into a piece of ceramics instantly, our hearts can **become hardened over time** if we NEGLECT to take inventory of the condition of our hearts. **When we hear God’s word, but disregard or disobey what it says**, by doing that **we resist or grieve the Holy Spirit**, and we gradually HARDEN our HEARTS.

•**Exodus 8:15** “But when Pharaoh saw that there was relief, he \_\_\_\_\_ his \_\_\_\_\_ and did not \_\_\_\_\_ to them, as the Lord had said.”

•**Mark 8:17** “And Jesus, being aware of it, said to them, ‘Why do you reason because you have no bread? Do you not yet perceive nor \_\_\_\_\_? Is your \_\_\_\_\_ still \_\_\_\_\_?’”

•**Acts 7:51** “You stiff-necked and uncircumcised in \_\_\_\_\_ and \_\_\_\_\_! You always \_\_\_\_\_ the \_\_\_\_\_; as your fathers did, so do you.”

- **Acts 5:3-4** “But Peter said, ‘Ananias, why has \_\_\_\_\_ filled your \_\_\_\_\_ to \_\_\_\_\_ to the \_\_\_\_\_ .....Why have \_\_\_\_\_ conceived this thing in your \_\_\_\_\_? You have not lied to men but to \_\_\_\_\_.’”
- **Ephesians 4:30** “And do not \_\_\_\_\_ the \_\_\_\_\_ of God, by whom you were sealed for the day of redemption.”

**NOTE:** For Christians, what if you find, in doing your Step 10 inventory or just in daily prayer, that your heart is already showing signs of being hardened, or you find thorns growing up and choking God’s word in your life? What can you do to CHANGE the condition of your ground (your heart)? **Step 10 tells us what to do: “When we were wrong promptly admitted it.” God’s word tells us what to do:**

**Confess and turn away from sin, with a BROKEN and contrite HEART (break up the old ground) –**

- **Jeremiah 4:3-4** “For thus says the Lord.....’Break up your \_\_\_\_\_ ground, and do not sow among \_\_\_\_\_.” (Verse 14) “Wash your \_\_\_\_\_ from wickedness...”
- **Hosea 10:12** “Sow with a view to righteousness, reap in accordance with kindness; break up your \_\_\_\_\_ ground, for it is time to \_\_\_\_\_ the \_\_\_\_\_ until He comes to rain righteousness on you.”
- **James 4:8** “Draw near to God, and He will draw near to you. \_\_\_\_\_ your hands, you sinners, and \_\_\_\_\_ your \_\_\_\_\_, you double-minded.”
- **Psalms 51:3 & 10** “For I acknowledge my transgressions; and my sin is ever before me. Create in me a \_\_\_\_\_, O God, and renew a right spirit within me.”
- **I John 1:7-9** “....the blood of Jesus Christ His Son \_\_\_\_\_ us from all \_\_\_\_\_. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we \_\_\_\_\_ our \_\_\_\_\_, He is faithful and just to \_\_\_\_\_ us our \_\_\_\_\_, and to \_\_\_\_\_ us from all \_\_\_\_\_.”
- **Acts 15:7-9** “.....So God, who knows the \_\_\_\_\_, acknowledged them by giving them the Holy Spirit..... \_\_\_\_\_ their \_\_\_\_\_ by faith.”
- **Jeremiah 17:9-10** “The \_\_\_\_\_ is \_\_\_\_\_ above all things, and desperately wicked; who can know it? I the Lord \_\_\_\_\_ the \_\_\_\_\_.....”

**Definition: Fallow Ground** – A field plowed up and left for seeding, particularly a field left to rest for a year or more. **Our hearts, if left to themselves (lying fallow) will become hardened.** We must PLOW UP the ground, PULL UP the weeds, and PLUCK OUT the thorns.

**Definition: “As in the rebellion, and as in the day of trial in the WILDERNESS”** – This is referring to the forty years that Moses led the Israelites in the Arabian desert (“the wilderness”) after God set them free from their slavery in Egypt. **A trip across the desert to the Promised Land that should have only taken a few weeks, turned into FORTY YEARS, because of their unbelief and DISOBEDIENCE.**

10-11 **For FORTY years I was grieved with that generation,** and said, ‘It is a people who go astray in their hearts, and they do not know My ways. So I swore in My wrath, **‘They shall not ENTER My REST.’**”

- **I Corinthians 10:1-4** “Moreover, brethren, I do \_\_\_\_\_ want you to be unaware that all our \_\_\_\_\_ were under the cloud, all passed through the \_\_\_\_\_, all were baptized into \_\_\_\_\_ in the cloud and in the sea, all ate the same \_\_\_\_\_, and all \_\_\_\_\_ the same \_\_\_\_\_. For they drank of that \_\_\_\_\_ that followed them, and that \_\_\_\_\_ was \_\_\_\_\_.”
- **Hebrews 3:7-11** “Therefore as the Holy Spirit says: ‘ \_\_\_\_\_, if you will

\_\_\_\_\_ His \_\_\_\_\_; do \_\_\_\_\_ your \_\_\_\_\_, as in the \_\_\_\_\_, and as in the day of trial in the \_\_\_\_\_, where your fathers \_\_\_\_\_ Me; proved Me, and saw My works \_\_\_\_\_ years. Therefore I was \_\_\_\_\_ with that \_\_\_\_\_ and said, 'It is a people who go \_\_\_\_\_ in their \_\_\_\_\_, and they do \_\_\_\_\_ know My ways. So I swore in My \_\_\_\_\_, 'They shall \_\_\_\_\_ enter My \_\_\_\_\_.'

•**Hebrews 3:16-19** "For who, having heard, \_\_\_\_\_? Indeed, was it not all who came out of Egypt; \_\_\_\_\_ by \_\_\_\_\_? Now with whom was He \_\_\_\_\_ forty years? Was it not with \_\_\_\_\_ who \_\_\_\_\_, whose corpses fell in the \_\_\_\_\_? And to whom did He swear that they would not \_\_\_\_\_ His \_\_\_\_\_, but to those who did \_\_\_\_\_? So we see that they could not enter in because of \_\_\_\_\_."

**Definition: "For FORTY years"** – There is a Scriptural principle involved concerning why God uses the number forty so many times in His word. We see **FORTY days and FORTY nights** for the judgment of God being poured out on the world in the flood of Noah. We see Moses on the mountain for **FORTY days and FORTY nights**, eating and drinking nothing (a miraculous fast - kids, don't try this at home!) while he received the Law, and we see from the New Testament that the law cannot save, but only kills. We see **Jesus being tested** and tempted by the devil for **FORTY days in the wilderness** (also a miraculous 40-day fast). The "Children of Israel" had to wander in the wilderness for forty years because of their disobedience and unbelief. So we see that **the number 40 has a significance in the Bible of referring to times of JUDGMENT, TESTING and TRIAL.** We also believe that **Jesus took the full FORTY LASHES of the scourging as part of our punishment for sin** – In Isaiah 53, the word of God tells us that the Messiah "was wounded for OUR transgressions, He was bruised (crushed) for OUR iniquities; the chastisement for OUR peace was upon Him, and **by His stripes (from the scourging) we are healed.**" Transgressions refers to all the times we have violated God's laws and commandments. Iniquities refers to wickedness, unrighteous acts, and just "doing our own thing" in rebellion against God. **Chastisement means PUNISHMENT.** Jesus took the full punishment for our sins, in order for us to NOT be punished by God. The complete atonement was finished by His death on the cross, but the **"FORTY stripes"** or full amount of lashes from the scourging, was a significant part of **the JUDGMENT of God being "laid on Him"** for our sins and iniquities. Praise God! We, as believers in Jesus Christ, will never be punished for our sins, because Jesus took our punishment on Himself.

•**Genesis 7:4-5** "For after seven more days I will cause it to rain on the earth \_\_\_\_\_ days and \_\_\_\_\_ nights, and I will destroy from the face of the earth all living things that I have made." And Noah did according to all that the Lord commanded him."

•**Mark 1:12-13** "And immediately the \_\_\_\_\_ drove Him into the wilderness. And He was there in the wilderness \_\_\_\_\_ days, tempted by Satan....."

•**Luke 4:1-2** "Then \_\_\_\_\_, being filled with the Holy Spirit, returned from the Jordan and was \_\_\_\_\_ by the \_\_\_\_\_ into the wilderness, being tempted for \_\_\_\_\_ days by the devil...."

•**Exodus 34:28** "So he (Moses) was there with the Lord \_\_\_\_\_ days and \_\_\_\_\_ nights; he did not eat bread or drink water. And he wrote on the tablets the words of the \_\_\_\_\_, the Ten \_\_\_\_\_."

•**Numbers 14:34** "According to the number of the days in which you spied out the land, \_\_\_\_\_ days, for each \_\_\_\_\_ you shall bear your guilt one \_\_\_\_\_, namely \_\_\_\_\_ years, and you shall know My rejection."

**Definition: "They shall not ENTER My REST"** – For the Israelites who were led out of Egypt by Moses, this refers to the fact that God did not allow them to enter the Promised Land (His rest), but they died in the wilderness, and only their children got to enter the Promised Land.