

BREAKING THE GRIP

¹I will sing of lovingkindness and justice, to You, O Lord, I will sing praises.

²I will give heed to the blameless way. When will You come to me? I will walk within my house in the integrity of my heart. ³I will set no worthless thing before my eyes; I hate the work of those who fall away; it shall not fasten its grip on me. ⁴A perverse heart shall depart from me; I will know no evil. ⁵Whoever secretly slanders his neighbor, him I will destroy; no one who has a haughty look and an arrogant heart will I endure. ⁶My eyes shall be upon the faithful of the land, that they may dwell with me; He who walks in a blameless way is the one who will minister to me. ⁷He who practices deceit shall not dwell within my house; he who speaks falsehood shall not maintain his position before me.

⁸Every morning I will destroy all the wicked of the land, so as to cut off from the city of the Lord all those who do iniquity. **Psalm 101 NASB**

- I. A proclamation of worship. (v1)
 - A. This is volitional. I will sing.
 - B. Prayer, worship, proclamation and warfare are often simply acknowledging God and then giving voice to your choice.
 - C. This is personal: 'To You O Lord I will sing praises (singing to Him not just about Him).
- II. Out of his worship and adoration of God flows a declaration of purpose. (v2)
 - A. His interaction with the Spirit of God (his believing worship) brought about direction or his behavior...(I will give heed to the blameless way).
 - i. David says he will look for, value, and give attention to the blameless way.
 - ii. This is a statement of purpose, not perfection.
See 1 John 1:5-9
 - B. David asks when will You come to me? (v2)
 - i. He deeply desired an increase of connecting with and encountering God's manifest presence...but he did not make this a condition for following through on his declaration of 'giving heed to the blameless way.'
 - C. I will walk within my house in the integrity of my heart...this is a 24/7 commitment (v2).
 - i. Blameless, not sinless.

D. I will set no worthless thing before my eyes (v3).

i. (Contrast this with **Philippians 1:9-11**)

⁹And this I pray, that your love may abound still more and more in real knowledge and all discernment, ¹⁰so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ; ¹¹having been filled with the fruit of righteousness which *comes* through Jesus Christ, to the glory and praise of God..

Philippians 1:9-11 NASB

E. I hate the work of those who fall away (the practice of 'refuse and rebel.'

¹⁹"If you consent and obey, you will eat the best of the land; ²⁰"But if you refuse and rebel,

you will be devoured by the sword." Truly, the mouth of the Lord has spoken. **Isaiah 1:19-20 NASB**

i. Note: He hates the work, the practices of the people, NOT the people.

F. The GRIP: it wants to fasten on to you...

i. A principle of human nature: people develop a gripe or grudge then they get under 'the grip' and fall out of the group.

G. How does the grip come?

i. No personal, passionate, volitional, pursuit of God.

ii. Ignoring or missing the promptings of the Holy Spirit...(too casual becomes callous too quickly).

iii. Setting worthless things before our eyes...(v3)

a. Things that don't edify you eventually weaken you.

b. Things that distract you eventually cause you to lose focus.

c. Things that defile you separate your thinking and pave the way for guilt and shame.

d. Things that defeat you push you towards disobedience and regret.

iv. A perverse heart (the opposite of blameless) and those who fellowship around perverseness of heart perpetuate the grip. Bad company ruins good morals...evil-influences dry up the fountain of virtues and values. (v4)

- v. Gossip, slander, arrogance, and cynicism feed the hold of the grip on a person's life.

III. How do you keep 'the grip' from fastening onto you?

- A. A passionate and personal relationship with God.
- B. Seek the Kingdom of God first! Choose to make spiritual matters matter.
- C. Abide and obey...a devoted and disciplined plan of life.

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, ² fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. ³ For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart. **Hebrews 12:1-3 NASB**

- D. Guard your hearts and set a guard on your lips.
- E. Know that 'love covers' (it doesn't just cover up).
- F. Ask God for the gift of a humble heart and then choose to humble yourself before Him.
- G. Be real. The Lord anoints transparency and authenticity.
- H. Fall in love, stay in love and walk in love with the Lord and refuse to prepare "care packages" for the flesh.

⁸ Owe nothing to anyone except to love one another; for he who loves his neighbor has fulfilled *the* law. ⁹ For this, "YOU SHALL NOT COMMIT ADULTERY, YOU SHALL NOT MURDER, YOU SHALL NOT STEAL, YOU SHALL NOT COVET," and if there is any other commandment, it is summed up in this saying, "YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF." ¹⁰ Love does no wrong to a neighbor; therefore love is the fulfillment of *the* law. ¹¹ Do this, knowing the time, that it is already the hour for you to awaken from sleep; for now salvation is nearer to us than when we believed. ¹² The night is almost gone, and the day is near. Therefore let us lay aside the deeds of darkness and put on the armor of light. ¹³ Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. ¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh in regard to *its* lusts. **Romans 13:8-14 NASB**

IV. How do we break the grip on our own hearts and on others?

- A. Recognize that the grip grows into a stronghold.

³ For though we walk in the flesh, we do not war according to the flesh, ⁴ for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. ⁵ *We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ. **2 Corinthians 10:3-5 NASB**

- B. We must recognize and deal with sinful habits.
- C. We must recognize and deal with the habits and habitation of darkness. We must cry out for revelation and conviction.
- D. We must destroy the strongholds by recognizing that they can become a source within us and defending our 'gripped' behavior.
- E. Realize that the energy we use to 'hide' secret sin is one of the main sources of strength a stronghold has in a person. The enemy will always perfect and empower our thoughts to protect and disguise his influence in our lives.
- F. Use your weapons.
 - i. Ask for light to see... "Search me, O God" and then respond to His conviction.
 - ii. Confess your sin – agree with God and what His Word says, not your previous pattern of behavior.

in the word of truth, in the power of God; by the weapons of righteousness for the right hand and the left. **2 Corinthians 6:7 NASB**