

What's acceptable (Two perspectives)

Perspective #1

Hello everybody!

Have you ever thought about what's truly acceptable to God? Psalm 19:14 (AMP) says, "Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my [firm, impenetrable] Rock and my Redeemer."

It's a great reminder that God sees and knows everything—our words, our thoughts, and even the things we try to keep hidden. Nothing escapes Him.

But here's the cool part: we have the choice to make sure both our words, and our thoughts are pleasing to Him.

It's not just about saying the right things; it's also about what's going on in our hearts and minds.

We could speak all the right words but still meditate on things that don't honor God. That's a bit of a wake-up call, right?

So how do we make sure we're on the right track? It starts with spending time in God's Word.

The Bible gives us guidance on what to think about and what to say.

And since God is our strong, unshakable Rock and Redeemer, we can lean on His strength to help us live in a way that honors Him.

It's not always easy, but it's definitely worth it.

It's up to us to choose what we focus on and speak about.

Let's aim to make our words and thoughts something God would smile at.

After all, He's always listening and watching, and He cares deeply about what's in our hearts.

Let's make those choices count.

Perspective #2

What's Acceptable? Understanding Words and Meditation in God's Sight

Psalm 19:14 (AMP) reads, "Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my [firm, impenetrable] Rock and my Redeemer."

This verse offers profound insight into the importance of aligning our speech and thoughts with what is pleasing to God.

Our words are not merely sounds that dissipate into the air; they are heard by God.

Similarly, the thoughts we entertain—the meditations of our heart—are fully known to Him.

There is no aspect of our being that is hidden from His sight.

Our words, thoughts, and actions are all transparent before the Creator, who knows everything about everyone.

The Importance of Acceptable Meditation

One key from **Psalm 19:14** is that our meditation—what we think about—is an area of great importance to God.

While it is possible to speak words that are outwardly appropriate or even praiseworthy, our internal thoughts may not always align with His standards.

This creates a disconnect between our **external** expressions and **internal** reflections.

To truly honor God, both our **speech** and our **meditation** must be acceptable in His sight.

Meditation, in this context, refers to the intentional focus of our minds on specific thoughts or truths.

It is not limited to fleeting ideas but encompasses the deeper reflections that shape our attitudes and actions.

Acceptable meditation involves dwelling on things that are in harmony with God's character and His Word.

Speaking Words That Please God

The words we speak carry significant weight. **Proverbs 18:21** reminds us that "Death and life are in the power of the tongue."

Our speech has the ability to uplift, encourage, and honor others, or it can tear down and harm.

To ensure our words are acceptable to God, we must first know what He values.

This requires regular engagement with Scripture, which serves as our guide for understanding what is honorable and pleasing to Him.

Reading the Bible equips us with the knowledge of God's principles and teachings.

It provides clarity on how we should communicate—with grace, truth, and love.

For example, **Ephesians 4:29** instructs us to speak in ways that build others up and benefit those who listen.

By immersing ourselves in His Word, we gain a deeper understanding of how to use our words to reflect His character.

The Role of God's Strength

Psalms 19:14 also highlights God as our "**firm, impenetrable Rock**" and "**Redeemer**."

These descriptors emphasize His strength and reliability.

As humans, we may struggle to consistently speak and meditate in ways that honor God.

However, relying on **His strength** enables us to overcome these challenges.

God's Word is not only a source of knowledge but also a source of power.

Through prayer and dependence on Him, we can find the strength to align both our words and thoughts with His will.

Philippians 4:13 reminds us that "I can do all things through Christ who strengthens me." This includes speaking and meditating in ways that are acceptable to Him.

Practical Steps for Alignment

To ensure that both our speech and meditation are pleasing to God, we can take **practical steps**:

1. Daily Scripture Reading: Regularly reading the Bible helps us understand God's standards for speech and thought.

Passages like **Philippians 4:8** encourage us to think about what is true, honorable, right, pure, lovely, and commendable.

2. Prayerful Reflection: Asking God for guidance in shaping our thoughts and words is essential.

Prayers allow us to invite Him into our daily lives and seek His wisdom.

3. Intentional Focus: Throughout the day, we can make conscious efforts to redirect our thoughts toward things that honor God.

This might involve meditating on Scripture or reflecting on His attributes.

4. Accountability: Sharing our goals with trusted friends or mentors can help us stay committed to speaking and meditating in ways that align with God's will.

5. Repentance: When we fall short—whether through careless words or unworthy thoughts—we can turn to God in repentance, trusting in His grace and forgiveness.

The Choice Is Ours

Ultimately, each of us has the choice to speak and meditate on things acceptable to God.

While external circumstances may influence us, we have the ability to choose what we focus on **internally** and express **outwardly**.

By prioritizing God's Word and relying on His strength, we can align both our **speech** and **thoughts** with His desires.

Psalms 19:14 serves as a powerful reminder that what we say and think matters deeply to God.

As individuals who desire to honor Him, let us strive for speech and meditation that reflect His holiness, grace, and truth.

In doing so, we not only please Him but also positively impact those around us.

May the words of our mouths and the meditations of our hearts always be acceptable in His sight—our Rock and Redeemer.

Resources:

[Click here.](#) Prayer Focus (WPF #19) Do not be consumed! Avoid the trash and keep clean as we go!

[Click here.](#) Avoid the trash and keep clean as we go!

[Click here.](#) Meditation example Psalm 119:97-99

[Click here.](#) Meditation on God's Word Part 1 Full audio Teaching. True Success (Parts 2, 3, 4, PDF files)