

# Vertical Habits

*Scripture Passage*  
*Psalm 19*



# Vertical Habits

*Reflecting on and refining our regularly repeated patterns of conversation with God.*



# Vertical Habits

*Hello*

*I love you*

*I'm sorry*

*Thank you*

*What can I do?*

*Help*

*I'm listening*

*Bless you*



# I'm Listening

*Tuned in to truth*

*“What is truth?”*

*There is absolute foundational truth, but none of us has all of it.*



# I'm Listening

*Two books: created world we live in and written word of the Bible*

*Two means: Holy Spirit and experience*

*Two-part Psalm: two versions*



# 1. I'm Listening to Creation

*Sun, moon, stars, galaxies, light years, black holes*

- <sup>1</sup> The heavens declare the glory of God;  
the skies proclaim the work of his hands.
- <sup>2</sup> Day after day they pour forth speech;  
night after night they reveal knowledge.



# 1. I'm Listening to Creation

*Sign language, deafening silence,  
and the communication of deep  
truth*

- <sup>3</sup> They have no speech, they use no words;  
no sound is heard from them.
- <sup>4</sup> Yet their voice goes out into all the earth,  
their words to the ends of the world.



# 1. I'm Listening to Creation

## *The beauty of finely tuned consistency*

In the heavens God has pitched a tent for the sun.

<sup>5</sup> It is like a bridegroom coming out of his chamber,  
like a champion rejoicing to run his course.

<sup>6</sup> It rises at one end of the heavens  
and makes its circuit to the other;  
nothing is deprived of its warmth.





## 2. I'm listening to the Bible

### *Perspiciuity*

The revelation of GOD is whole  
and pulls our lives together.



## 2. I'm listening to the Bible

### *Life-coach communication*

The signposts of GOD are clear  
and point out the right road.  
The life-maps of GOD are right,  
showing the way to joy.  
The directions of GOD are plain  
and easy on the eyes.



## 2. I'm listening to the Bible

### *Trust the teller*

GOD's reputation is twenty-four-carat gold,  
with a lifetime guarantee.

The decisions of GOD are accurate  
down to the nth degree



## 2. I'm listening to the Bible

### *Giving up gold and honey*

<sup>10</sup> God's Word is better than a diamond,  
better than a diamond set between emeralds.  
You'll like it better than strawberries in spring,  
better than red, ripe strawberries.



## 2. I'm listening to the Bible

### *We like boundaries*

There's more: God's Word warns us of danger  
and directs us to hidden treasure.  
Otherwise how will we find our way?  
Or know when we play the fool?



## 2. I'm listening to the Bible

### *Convergence of creation and commander, sun and Son*

Clean the slate, God, so we can start the day fresh!  
Keep me from stupid sins,  
from thinking I can take over your work;  
Then I can start this day sun-washed,  
scrubbed clean of the grime of sin.



## 2. I'm listening to the Bible

### *All day devotions*

These are the words in my mouth;  
these are what I chew on and pray.  
Accept them when I place them  
on the morning altar,  
O God, my Altar-Rock,  
God, Priest-of-My-Altar.

