

**Sabbatical Treasure**  
*Finding Rest in the Word of God*

“A Heart Set Free”  
Psalm 119:32

“I run in the path of your commands  
for you have set my heart free.”  
Psalm 119:32 NIV

1. There is no path as desirable and wonderful as the path of God.
  - “the path of your commands”
  - The path of life (Psalm 16:11)
  - The perfect way (Psalm 18:30)
  - The prize of the divine path (Psalm 43:3)
  - How desirable is the way of God to you?
  
2. The unmistakable sign of a vibrant spiritual life is an eager responsiveness to the direction of God.
  - “I run”
  - The scale of devotion (1 John 5:3/cp. Gen 29:20)
  - Perfectly attuned (Psa 27:8 NLT/cp. 1Sam 14:6-7)
  - Empowered to run (1 Kings 18:44-46)
  - Are you running with abandon after God?
  
3. The pace of the race is dictated by the heart.
  - “for you have set my heart free.”
  - The bondage of unconversion (1 Cor 2:14)
  - The bondage of worldliness (Mark 4:19)
  - The bondage of wickedness (Matthew 15:19)
  - The bondage breaker (Leviticus 26:13)
  - The discipline of running (Hebrews 12:1)
  - Is your heart free?