

# A WORD BASED LIFE

HOPE LIFE FAITH

PRAYER WORD BASED FAITH-IN-ACTION

HOLY SPIRIT-INSPIRED CHRIST-CENTERED

# CHRIST OUR PERFECT VISION

MISSION DISCIPLEMAKING ABIDE

WORSHIP LOVE GROWTH FELLOWSHIP



A Study of Psalm 119



# CHRIST OUR CONTENTS PERFECT VISION

Page No

Introduction	7
<b>Week 1: Finding delight in the Word</b>	
Day 1: Seeking the Lord with all your heart	13
Day 2: Avoid other influences	15
Day 3: Rejoicing in the Word	17
Day 4: Meditating on the Lord's will	19
Day 5: Find delight in the Word	21
Group Discussion	23
<b>Week 2: Changed by the Word</b>	
Day 1: A Teachable Spirit	27
Day 2: Give me understanding	29
Day 3: Walking on God's paths	31
Day 4: Restore me in Your ways	33
Day 5: Renew me through Your righteousness	35
Group Discussion	37

Page No

	Page No
<b>Week 3: Experiencing the Word</b>	
Day 1: The Word gives Hope	41
Day 2: The Word brings Comfort	43
Day 3: The Word turns your steps	45
Day 4: God's Law and commands	47
Day 5: The earth is filled with His love and mercy	49
Group Discussion	51
<b>Week 4: Finding security in the Word</b>	
Day 1: His Word is Eternal	55
Day 2: His Word is faithful	57
Day 3: His authoritative Word endures	59
Day 4: Delight in His Word	61
Day 5: Hope secured in His Word	63
Group Discussion	65
<b>Week 5: Walking in the Light</b>	
Day 1: The Word gives direction	69
Day 2: The Word gives protection	71
Day 3: Fellow the Word	73
Day 4: Do not forget the Word	75
Day 5: The Joy of the Word	77
Group Discussion	80

<b>Week 6: Freeing Power of the Word</b>	
Day 1: Wonderful ... therefore I obey	85
Day 2: The Word gives understanding	87
Day 3: Direct me Lord	89
Day 4: Deliver me and teach me	91
Day 5: When the Law is not obeyed	93
Group Discussion	95
<b>Week 7: Disciplines in the Word</b>	
Day 1: Call on the Lord and trust His Word	99
Day 2: Draw close to God	101
Day 3: Rejoice in the Lord	103
Day 4: Long for salvation	105
Day 5: Obedience makes the difference	107
Group Discussion	109
Memory Verses	111
Resources	113



# CHRIST OUR PERFECT VISION

## INTRODUCTION

The authorship of Psalm 119 is a mystery. Some scholars think it was King David. Others think it might have been Ezra, the prophet. Others think it is a compilation of the work of many writers, possibly written for a king.

Psalm 119 was most probably written in the time after the exile. Because the temple was destroyed, the believing Israelites felt that God was far away, that He had withdrawn into heaven and had control of the world from there. One of the ways God exercises control is through His Word. God created through His Word, He gave His Word as a guide to life and He promised in His Word that He would deliver the believer out of his need. For this reason, the Lord's Word is seen as a kind of extension of the Lord Himself. A believer's devotion to God was measured in terms of his love for God's Word.

Regardless of the writer, Psalm 119 has some incredibly special qualities. It is a wisdom psalm (the same as Psalm 1) dealing with devotion to the Torah (or Law) of the Lord and the benefit that it derives from the believer.

The author of this poem made use of a variety of styles found elsewhere in the hymn book. By mixing these styles, he creates a unique poem that we can call a "dedication prayer." Indeed, many phrases in the psalm are direct quotations from other parts of the Book of Psalms or the Old Testament. That is why some people have described it as an "anthology" composed of other parts of the Bible.

Psalm 119 has the distinction of being the longest chapter in the Bible. But, do not let the length of the chapter hinder you. It is written in a format that will allow us to read and study the key concepts with ease. Here are some other characteristics to remember:

- Psalm 119 is written in the form of an acrostic poem. An acrostic is a series of lines or verses, which begin with or contain letters that, when taken in order, spell out a word or phrase. For example, GRACE – God's Riches At Christ's Expense – is an example of acrostic. Acrostics are often used as tools to help with memorization.
- This psalm is divided into 22 stanzas of 8 verses each.
- Each stanza begins with a different letter of the 22 letter Hebrew alphabet. The first stanza (vs. 1-8) begins with the first Hebrew letter called 'aleph'. The

second stanza (vs. 9-15) begins with the second letter, ‘beth’, and so forth.

- The psalm uses 8 different words for God’s Law. It uses the full meaning of these 8 words to elaborate on The Word of God.
- Beginning with verse 17, it is written in the form of a prayer.

### **What is Psalm 119 about?**

There are three groups of role players in the psalm.

- First, there is the believer in the person of the psalmist. He writes about his circumstances and faith experiences. He also represents fellow believers whom he refers to as his "friends".
- Secondly, there are the enemies of the believer. They mock, persecute and harass the believer in all kinds of ways.
- Third, there is the Lord with whom the believer is in a personal relationship.

Within this triangle of relationships, the understanding of the Torah (or Law) of the Lord plays an important role. The Law is mentioned (in various synonymous terms) in almost every verse. The Law serves as a kind of “intermediary” between God and the believer and between God and the enemies. It is as if the psalmist

focuses his love for God on the Law. Thus, his love for God is evident in his dedication to the Law. The Lord in turn speaks to the believer through the same Law. In doing so, He assures the believers of His faithfulness and promises to save them from their distress. Furthermore, the Law also serves as the instrument of judgment and punishment for the enemies of the believer.

In addition to the word Torah, which we translate into Law, the poet uses seven other similar terms to refer to God's written revelation, namely *the word of the Lord, his ordinances, his orders, his precepts, his commandments, his provisions, and his promises*. These parallel concepts cover two important aspects of God's revelation to us: God's instructions to man, and the stories and promises of God's salvation and blessing to the believer.

## **Why study Psalm 119?**

The focus of the entire psalm is on The Word of God. To live a life based on the Word of God, we need to understand the Word and studying Psalm 119 teaches us about the reliability, the accuracy, the authority, the necessity and sufficiency of the Bible. May this study teach us what the Bible says about itself and allow us to dig deeper into the Word of God and find out how it applies to our daily lives.

# A WORD BASED LIFE

*Soli Deo Gloria!*

HOPE LIFE FAITH

PRAYER WORD BASED FAITH-IN-ACTION

HOLY SPIRIT-INSPIRED CHRIST-CENTERED

## Week 1

# CHRIST OUR PERFECT VISION

Finding delight in  
the Word

**Memory verse:**

*I delight in Your decrees; I will not neglect your word.*





# **Day 1: Seeking the Lord with ALL your Heart**

**Begin today's study with prayer.**

**Read Psalm 1:1-2 and Psalm 119:9-10**

When we study the Bible seriously, we will reap the rewards. However, this must be accompanied by the attitude that we will not stray from the Word and attempt not to sin. Psalm 119 is one of the clearest chapters in the Bible that endorses this truth.

What positive action(s) does the author take according to Psalm 119:9-10?

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**Read Psalm 42:1-2 and Psalm 119:10-11**

Explain how you understand the term “seeking” the Lord.

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To seek God with all your heart, means a sincere desire to know his will and to do it; without hypocrisy or guile; with no selfish or sinister aims. Every person who claims

to be a believer ought to be able to say this: “*I seek you with all my heart!!*”

To hide (treasure) the word of God in your heart, implies storing knowledge or wisdom in the heart as a treasure. It means that he had kept the word of God, in his heart, as the most valuable of his treasures.

Explain how the three key phrases from verse 11 becomes practical in your personal life:

*Your Word*

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*I have treasured/hidden*

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*in my heart*

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**End today's study by returning to the Lord in prayer.**

## Day 2: Avoid other Influences

**Begin today's study with prayer.**

**Read Psalm 119:10(b) and 11(b)**

To seek the Lord with all your heart and to treasure the word of God in your heart is not enough to prevent you from sinning. What else is also necessary?

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**Read Psalm 1:1**

Why did the Psalmist not just say, “*Don’t be wicked, don’t sin, and don’t mock?*” Why did he draw attention to the wicked, the sinner, the mocker?

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The author focused on where we look for influence! He actually implies: “Don’t be influenced by the wicked. Don’t be influenced by the sinner. Don’t be influenced by the mocker.”

The reason is that the contrast he wants to draw is not wickedness versus righteousness. The contrast he wants to draw is being influenced by one place versus being influenced by another place. Being shaped in one way versus being shaped in another. The warning is against being influenced in our thinking and feeling by the wicked, the sinner, and the mocker versus being guided by the Law of the Lord — the instruction of the Lord.

Nobody walks in the way of the wicked out of duty. Nobody stands in the way of sinners out of duty. Nobody sits in the seat of mockers out of duty. We walk and stand and sit there because we want to. And we want to because we have been watching them so intently that what they do becomes attractive. We have meditated on them (without calling it that). And we now delight in them.

That is how worldliness happens. In the Hebrew text here is a process of progressive decline: You just start by looking at things that the world produces (walking in the counsel of the wicked). And gradually you (stand and) look at it and think about it so much that you want it. And so, you behave and think like them!

**End today's study by returning to the Lord in prayer.**

## **Day 3: Rejoicing in the Word!**

**Begin today's study with prayer.**

**Read Psalm 119:12-14 and Jeremiah 15:16**

What is the overarching response or action that you observe in these verses, as a result of God's Word?

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Praise, joy, delight. It is important that the Bible portrays a direct relationship between the Word of God and a resulting joy that follows.

**Read Luke 2:10**

What did the angel, that appeared to the shepherds outside of Bethlehem, promise the world?

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In Psalm 119 the Psalmist verbally expresses his joy in the decrees and statutes (instructions and commands) of the Lord written in His Law, which means His Word. He recounts (repeats aloud) and finds delight (takes pleasure in) the guidelines through which God directs his life!

Someone who is joyful – who is blessed according to the Psalmist – is someone who constantly seeks the Lord’s guidance. It enriches your life and brings so much joy (even amid pain) that you want to talk about it and delight in it. Which also means that someone who constantly seeks the Lord’s guidance, is really joyful!

### **Read Psalm 119:162**

How does the psalmist describe his joy over the Word in verse 162?

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Do you experience that joy? Why? Why not?

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Pray that God will help you find real joy in the message of the Bible and the commands that you learn!

**End today’s study by returning to the Lord in prayer.**

## Day 4: Meditating on the Lord's Will

Begin today's study with prayer.

Read Psalm 119:15 and Psalm 1:2(b)

What do you think the Psalms are referring to here?

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The Hebrew word used here, *hâgâh*, **means to complain, to mutter; then, to speak; then, to utter in a low complaining voice**, as is often done by a person in deep meditation; hence, in the usual sense, to meditate on something; to think about it. See also Joshua 1:8 and Ps 77:12. The meaning of this action is: he thinks about it; he endeavours to understand its meaning; he has pleasure in reflecting on it.

The word also relates to the rumination process of cattle, that feed again and again on the grass they eat. God's will is not a subject which the Psalmist avoids, or to which he is indifferent, but he constantly keeps it in his mind, and has satisfaction in doing it. Hence day and night means continually or constantly – all the time.

This means:

- He does this habitually; he intentionally forms the habit of meditating on divine truth.;
- He takes time to do it - designedly setting apart suitable portions of each day that he may refresh his spirit by contemplating divine truth, or may become better acquainted with God, and his duty.
- He does this in the intervals of business, the moments of leisure which he may have during the day; and
- he does it when he is awake. Compare Psalm 63:6 and Psalm 119:23.

There is a difference in LIFESTYLE between believers and unbelievers. The believer is attached to the will of the Lord. The authors of the Psalms knew that God's will was revealed in his Word, in the Torah. To them the Word of God was a treasure they could exploit to discover God's will. For us, the Bible fulfils the same function. The authors therefor draw a picture of someone who has been completely captured by the Word of God: someone who derives his inspiration from it, and not from the conversations and dealings with people who are aloof or hostile to God.

**End today's study by returning to the Lord in prayer.**

## **Day 5: Finding delight in the Word**

**Begin today's study with prayer.**

**Read Ps 119:9-16. Read verse 16 again**

The author of Psalm 119 declared his intentions NOT to stray from God's demands and NOT to sin against Him. He will also NOT neglect the Word of God. There is, however, something incredibly positive that he DOES, that we could learn from him. What is that?

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**Read Psalm 1:1-2**

The fundamental truth here is that the only hope against the pleasures of the world, is the pleasures of the WORD. Just like the pleasures of the world are awakened by looking at them long enough, so the pleasures of the Bible (Word) are awakened in the born-again soul by looking at them long enough — day and night. Instead of finding his pleasure, his happiness, in the society and the occupations of the wicked, the Psalmist finds it in the Word of God.

The Law or truth (the Word) of God is not distasteful to this author, but he so delights in it as to desire to have its truths impressed more and more on his heart.

How does Psalm 1:1(a) describe someone who lives this way?

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To be “blessed” is a biblical term that refers to true happiness and enjoying favourable circumstances.

### **Read Psalm 1:3**

With what does the Psalmist compare this blessedness?

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In the Old Testament “streams of water” often refers to the Word of God (the Law). The believer who is anchored in the source of life itself, is like a tree standing next to perennial streams. Its roots always get water, its leaves remain green and it bears fruit at the right time. Such people are an example of vitality, for they radiate the power of God. For that reason, they also prosper, for it is God who makes their endeavours succeed.

**End today’s study by returning to the Lord in prayer.**

# CHRIST OUR PERFECT VISION

## GROUP DISCUSSION

### Prayer

### Memory verse:

*I delight in Your decrees; I will not neglect your word.*

*Psalm 119:16 (NIV)*

### Reflection:

Share with the group members how God worked in your life during this week.

### Scripture Reading:

Psalm 1:1-3, Psalm 119:1-16 and 2 Timothy 3:16-17

## **Discussion questions**

Read Psalm 1:1(a) and Psalm 119:9(a). Which two descriptions does the Bible use here for those who delight in the Word of God? What promise do you find here for yourselves?

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Read Psalm 1:1-3 and Psalm 119:1-3. What is the promise and outcome (or result) for a believer and a church who find their delight in God's Word and walk in His ways (follow the Lord's directions)?

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Read Psalm 119:9 and compare this promise with the one in 2 Timothy 3:16-17. What more do you need to live a pure life than the Bible? Discuss the absolute imperative for every Church and every believer to be Word Based and live according to the Bible.

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Read Psalm 119:14 and 162 and discuss: How much joy or pleasure do you find in reading the Bible?

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**Close in prayer**

# A WORD BASED LIFE

Week **2**

# Changed by the Word Christ Our PERFECT VISION

**Memory verse:**

*Turn my eyes away from worthless things;  
preserve my life according to your word*

*Psalm 119:37 (NIV)*



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## **Day 1: A Teachable Spirit**

**Begin today's study with prayer.**

**Read Psalm 119:33-40**

What does this passage teach you about God?

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God teaches and gives understanding. He desires your eternal devotion and demands obedience. Instead of following the ways of the world God wants to teach us to follow His ways, by establishing His word in us. God wants us to learn to have reverence for Him and acceptance that His ordinances are good.

**Read Psalm 119:33 again and John 6:45**

Who is the teacher?

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God is the one who teaches and gives understanding. We are to observe it whole-heartedly, with a teachable

spirit and with delight until the end. We have a choice to pursue the vain, immoral things of this world, or His ways.

We are slow to learn therefore we need a great teacher. God's lessons are practical. God wants us to learn his statutes and the way to use it daily. He wants to teach us Godly direction, habits and tendencies. The commands of the Lord stand as signposts of direction and milestones of information, guiding and marking our progress.

What does it mean to have a teachable (receptive) spirit?

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To be teachable (receptive) means not only to be open to learn from God's Word, but to apply actively and practically what we have been taught. God does not teach us so that we can gain Biblical knowledge, just for the sake of having knowledge about the Bible. He teaches us so that we can reach out to others in practical ways to help make life better, not just for ourselves, but for others, and especially for those in need.

Those who are taught by God never forget their lessons. When divine grace sets a man on the true path, he will be true to it until the end.

**End today's study by returning to the Lord in prayer.**

## Day 2: Give me Understanding

**Begin today's study with prayer.**

**Read Psalm 119:33-40, Ps 111:10, Proverbs 2:5-6 and James 1:5**

According to Psalm 119:34, what should we be seeking?

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*Give me understanding.* The word used here refers to mental comprehension, as distinguished from the mere direction, or pointing out, asked for in the previous verse. Here the prayer is, "*Make me to discern,*" "*Cause me to perceive.*" The senses must first observe the way, then the mind must understand it, then, with faith and love, the heart should follow it.

Why do you need God to give you understanding of His Word?

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We are in a state of sin and ruin, from which nothing but manifold grace can deliver us. We often follow our own ways and form our own understanding of God and of God's Word. God encourages us through His Word to ask Him to give us perfect understanding.

The Spirit of God makes us know the Lord and to understand His love, wisdom, holiness, and majesty; and the result is that we honour Him and yield our hearts to Him in obedience.

What does it mean to observe God's Law with your whole heart.?

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We must ask God to enable us to understand His Law and to keep it with our whole heart, because our heart is prone to lean to earthly and sinful things.

Pray and ask God to convince your heart of the beauty of the Word of God, so that you can see the majesty of God and love the Lord with all your heart.

**End today's study by returning to the Lord in prayer.**

## Day 3: Walking on God's paths

**Begin today's study with prayer.**

**Read Psalm 119:33-40 and Ezekiel 36:26-27. Read verse 33 and 35 again.**

What does it mean to walk in the paths of God's commandments?

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The word "set before the feet," **means "to tread with the feet,"** or to "**make to go.**" To walk in the paths of God means to follow the commands of God. In the former verses, the writer had prayed and asked for God's wisdom. Now he asks for God to give him the strength to walk in God's light. It is the cry of a child that longs to walk but is too weak. Direction is necessary because of the blindness of our minds and our sinful nature.

What does it mean to delight in God's commands?

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Be conscious of having pleasure in reading God's commandments, because we know He has only good in mind for us.

## **Read Psalm 119:36**

What does it mean for my heart to be turned towards His *statutes*?

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It is good for our eyes to see, and for our mind to understand God's command, and to walk in His ways, but we must also set our heart to follow God.

Why must God protect you from selfish gain?

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Our sinful nature is selfish at its core. We must ask God to protect us from seeking selfish gain, through spending time with Him. We might not ask, "what is in it for me?" But we might think by spending time with God that in times of need He must "repay" us with grace and mercy. The only way to cure this sinful selfishness, is to have the soul bent in the opposite direction. Holiness of heart is the cure for selfishness.

**End today's study by returning to the Lord in prayer.**

## Day 4: Restore me in Your Ways

**Begin today's study with prayer.**

**Read Psalm 119:33-40 and 1 John 2:15-17. Read Psalm 119:37 again**

This verse, in the NIV translation, begins with these words "*Turn my eyes away from.*" What do you think it means and how can it protect you from having a worthless life?

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The writer knows himself. He also knows the world in which he is living. Sin first entered man's mind through the eye, and it is still a favourite gate for the entering of Satan's allurements: The prayer is not so much that the eyes may be shut as "turned away"; we need to have them open to see the right things, but turned away from whatever is vain, it is to ask; "make me to pass without seeing it." The sentiment is similar to that which Jesus taught us to pray in the Lord's prayer: "Lead us not into temptation."

What does it mean to pray “preserve my life according to your word,” or as some translations translates it; “restore me in Your ways?”

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Vanity melts away as a vapour. Sin is vanity, unjust gain is vanity, self-conceit is vanity. Ask God to help you on our journey with Him, that you do not stop long enough within sight of vanity to be fascinated thereby. An increased life in God’s way keeps us from the evil which is around us.

### **Read Psalm 119:38 and Proverbs 9:10**

What does reverence for God looks like in your life?

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The fear/reverence of the Lord is the beginning of wisdom. It is the most important, and it is the first thing when we begin to be wise: to think of God, to stand in awe of God. The more reverence we have for God, the more assurance we have of God's love, and of his readiness to hear us at the throne of grace. Glorify God!

**End today’s study by returning to the Lord in prayer.**

# CHRIST OUR PERFECT VISION

## Day 5: Renew me through Your righteousness

**Begin today's study with prayer.**

**Read Psalm 119:33-40 and Titus 2:6-8. Read Psalm 119:39 again.**

What is the *reproach* that is spoken of in verse 39 and why should you fear it?

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Reproach means the expression of disapproval or disappointment. The *reproach* that the writer fears, can either be for the sake of his religion, or because of his sin. However, in verse 39 refers to the disapproval that the psalmist receives from a hostile world, because he is honouring God's Word.

What does His ordinances/judgments have to do with my reproach?

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We might be anxious because people disapprove of us because of our relationship with the Lord. We grieve

when we are slandered; because the shame is not cast on us alone, but on Christianity as a whole. Our sorrow is that they cast a slur upon the word and character of God, who is a good God.

### **Read Psalm 139:40 and 1 Peter 2:2-3**

What should your attitude be towards God's precepts/commands?

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Ask God to teach you his commands or guidelines for your life. These are not only words, but it is God who is teaching you the way to apply yourself as God's child. To help us with this, God, by his Spirit, teaches us the right understanding. God puts his Spirit within us, to teach us to walk in His ways.

If you have the love of God in you, you must get the love of the world rooted out of you; for the friendship of the world is the enemy of God.

Ask God now to give you a longing to be obedient and preserve your life in righteousness.

**End today's study by returning to the Lord in prayer.**

# CHRIST OUR GROUP DISCUSSION PERFECT VISION

## Prayer

### Memory verse:

*Turn my eyes away from worthless things; preserve my life according to your word*

*Psalm 119:37 (NIV)*

### Reflection:

Share with the group members how God worked in your life during this week.

### Scripture Reading:

Psalm 119:33-40

## **Discussion questions**

Read Psalm 119:33 again. What does it mean to you that God is your teacher? What should our response be to His teaching?

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Read Psalm 119:34 again. What does it mean to understand God's Law? What does it mean to keep God's Law with all your heart?

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Read Psalm 119:37 again. What does reverence for God look like in your life?

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Read Psalm 119:39-40 again. How does God renew us through His righteousness?

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**Close in prayer**

# A WORD BASED LIFE

Week **3**

## Experiencing the Word

# CHRIST YOUR PERFECT VISION

**Memory verse:**

*You are my portion, Lord; I have promised to obey your words.*

*Psalm 119:57 (NIV)*



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## Day 1: The Word gives Hope

**Begin today's study with prayer.**

**Read Psalm 119:49-56**

Verse 49 begins as the psalmist calls upon God to remember His Word (promise), which He has given. This Word is the source of the psalmists' hope.

How would you define *hope*?

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"Hope" is commonly used to mean a wish: the strength of the hope is the strength of the person's desire. But in the Bible, *hope* is the confident expectation of what God has promised and its strength is in His faithfulness. (See Romans 8:24-25)

Why do you think the psalmist starts with the word *remember*?

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*Remember* is an especially important word in the Old Testament. More than twenty men mentioned in the Old

Testament are named Zechariah, which means *the Lord remembers*.

There are two kinds of memory in the Old Testament. The first is reflective memory - as is seen in Deuteronomy 5:15. The people of the Lord remember how things were, therefore, reflective. The second kind of memory is reactive. This is the kind of memory we find in Psalm 119:49. The psalmist is saying: *Remember and act – remember and do something.*

Do the promises found in God's Word give you hope? If yes, which promises? If no, why?

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Read the following verses and write down the promise that you find in these verse:

Romans 10:9-10	
Matthew 6:33-34	
John 14:1-3	

**End today's study by returning to the Lord in prayer.**

## Day 2: The Word brings comfort

Begin today's study with prayer.'

Read Psalm 119:49-56 and 2 Corinthians 1:3-5

In Psalm 119:50 we read about comfort and suffering (affliction).

The word *comfort* is a colourful word. Its basic meaning is to breathe deeply. It indicates a physical display of pain or of relief. The meaning is conveyed when we say, "I breathed a sigh of relief." The word of God brought relief to the psalmist.

What promise of comfort do we find in the following verses?

Isaiah 40:1	
Psalm 23:1	
Psalm 72:12	
Psalm 86:17	

The reason for the psalmist suffering becomes clearer in Psalm 119:51. What was the reason for his suffering?

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The “*proud*” people who refused to submit to God’s Word caused him great suffering. They presume to be autonomous, independent of such authority or need and strayed from God’s commandments. Furthermore, they mocked him for the foolishness of trusting in God’s Word.

Have you ever been mocked for trusting God and His Word? Have you ever felt that you suffer because you are a believer? Describe the situation?

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What comfort do you have when you are suffering because of your faith? (Refer to 1 Corinthians 1:3-5)

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**End today’s study by returning to the Lord in prayer.**

## **Day 3: The Word turns your steps**

**Begin today's study with prayer.**

**Read Psalm 119:56-64**

According to verse 56, what has become the psalmist's way of life?

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Many things in life prompt the reaction: "Why should I bother anymore?" In such times, the psalmist still centred his life on the Lord's word, finding that the divine promises brought renewal. He found that the time of opposition was the very time to hold firm to the Lord's teaching because His Laws ministered comfort. Therefore, he allowed the Word to change the way he lives.

**Read Psalm 119:59, Genesis 50:20, Isaiah 53:4 and Malachi 3:16**

The psalmist says he considered his ways and changed the way he lives. What does the word *considered* imply?

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The word translated as *considered* refers to the use of the mind to think. It means to think, in the sense of planning (Genesis 50:20 translated as *meant/intended*). It also referred to making a judgment (Isaiah 53:4). It was also used for meditation (Malachi 3:16 translated as *gave attention/listened*). Every believer should practice self-criticism, using the word of God as the standard of judgment.

We need to be very honest with ourselves. Do we allow the Word of God to change our lives, to turn our steps towards God and away from the world? Or do we still think we can have one foot in the world and one foot on the way to heaven? The psalmist made two choices: He chose to deliberate (to reason or think about), and he chose to change.

Talk to Father about your life, consider your ways and ask Him to turn your steps towards Him, through His Word.

**End today's study by returning to the Lord in prayer.**

## Day 4: God's Law and commands

**Begin today's study with prayer.**

**Read Psalm 119:57-64**

Do you think about God's Word as advice to be considered in your decisions or commands to be obeyed?

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In our connected world, advice is readily available. We can shop for the advice that sounds best to us. But, if we are not careful, advice – even seemingly good advice – can lead us to become entrapped in cords of wickedness (verse 61). God's word is His Law and commands – it is not advice, but commands that we need to adhere to. The psalmist does not merely think about God's directions, but actively follows them.

Verse 57 is our memory verse for this week. What does the word *portion* refer to, and what does it mean?

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Verse 57 has no verb. Sentences of this type emphasize an enduring condition and is therefore descriptive of the writer's entire life. Originally portion referred to that part of the Promised Land that was given to each tribe. The Levites received no land because, as priests, God Himself was to be their portion (Deuteronomy 10:9). As the psalmist's portion, *Yahweh* is his inheritance, his security and provision. Therefore, he says that he will guard and be faithful to what God has said. His portion was the Lord Himself – he had an eternal relationship with God and was totally occupied with God.

Can you say that God is your portion, your inheritance?

Re-write verse 57 in your own words.

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### **Read Matthew 5: 3-12**

In what way can this paragraph be seen as part of God's commands? What does it teach us about the way we should live?

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**End today's study by returning to the Lord in prayer.**

### The earth is filled with His mercy and love

**Begin today's study with prayer.**

**Read Psalm 119:57-64, Psalm 25:10 and Psalm 103:17**

What does it mean that the earth is filled with God's love and mercy?

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The psalmist found that the world was filled with God's love and mercy. How wonderful it is to know that not only is there love and mercy all over the world, but there is such an abundance of it that the earth is "full" of it. It is little wonder that the Psalmist, since he knew the Lord to be his portion, hoped to obtain a measure of this love and mercy for himself. Therefore, he prays, "*Teach me your decrees.*" He could not think of a greater mercy than knowing God's Word and commands.

**Read Psalm 119:58 and Matthew 7:7-11**

In verse 58, the psalmist asks for God's favour and grace in his life. May we ask for God's favour on our lives?

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It is fine to ask God for things that He has promised us, because His promises are according to His will. We have all the resources we need in God. We just need to tap into them.

The psalmist says: “God is everything!” The rest of the words add support to this confession; they are bits of evidence that prove his assertion to be true. But he knows that he is not yet fully spiritually matured. Therefore, he still needs the love and mercy of God to guide and teach him.

Talk to Father about your need for His love and mercy. Talk to Him about His promises in His word. Ask Him to teach you His Word and to help you hold onto His promises.

**End today's study by returning to the Lord in prayer.**

# CHRIST OUR GROUP DISCUSSION PERFECT VISION

## Prayer

### Memory verse:

*You are my portion, Lord; I have promised to obey your words.*

*Psalm 119:57 (NIV)*

### Reflection:

Share with the group members how God worked in your life during this week.

### Scripture Reading:

Psalm

119:49-64

## **Discussion questions**

What are the promises found in God's Word that give you hope, bring you comfort and get you excited about living? Share with each other.

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How quickly do you obey God's Word? Do you take His Word as advice to be considered or as commands to be obeyed? Discuss.

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Do you think it is okay to ask for God's favour in our lives? Is it fine to remind God of His promises that we find in the word? Discuss

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Spend time in prayer. Prayer for each other's specific spiritual, emotional and physical needs.

# A WORD BASED LIFE

**Week 4**

## Finding security in the Word

**Memory verse:**

*Your word, Lord, is eternal; it stands firm in the heavens.*

***Psalm 119:89 (NIV)***



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## **Day 1: His Word is Eternal**

**Begin today's study with prayer.**

Security, Security! Home security, financial security, internet security, so much security. Is it not ironic that we have so much security because of insecurity? However, there is one source of security: God and God's spoken Word is secure, securing us.

**Read Psalm 119:89-96, Psalm 119:160 and Isaiah 55:11**

The words *eternal “forever”* in Psalm 119:89 and *“all generations”* in Psalm 119:90a establish the permanence of God's word.

Do you believe that the Word of God is eternal? Explain.

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What promise of God are you holding onto which is eternal?

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What does the expression *in heaven* mean to you?

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The word heaven is used in two basic ways in the Old Testament. It may refer to the physical heavens—that is, the place of the clouds and stars, etc. It may also refer to the abode of God (refer to Deuteronomy 26:15). This is what is referred to in Psalm 119 - the word of God is settled in the presence of God. The highest authority has ruled—the Scriptures are eternal and eternally true.

Take a moment to consider God's Word. Yes, they are written, but before they were written they were, spoken and the words God spoke are settled in heaven for eternity.

Close your eyes for a moment and picture God's Word echoing throughout the universe, and the words final resting place is with Him.

How does this knowledge and image of the Word impact your decisions?

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**End today's study by returning to the Lord in prayer.**

# CHRIST OUR PERFECT VISION

## Day 2: His Word is faithful

**Begin today's study with prayer.**

**Read Psalm 119:90, Micah 7:20 and Matthew 5:18**

How has God's Word been faithful in your life?

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**Read Genesis 6:9-7:7**

It is the story of Noah. What principles do you learn from Noah regarding God's faithful words?

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Have you ever bought a product on special only to find out that the fine print reveals extra costs and the product does not quite work as the salesman said it would? I think we have all fallen into that trap.

God's word is a product of His character. God is faithful and therefore His words are faithful too, there are no extra costs, no surprises, no fineprint. He reveals promises and judgements. Every blessing He has spoken is stored for us in heaven and waiting for those who follow Him. Consequently, every word of judgement He spoke, is also waiting for those who do not follow Him. Jesus himself said that every word will be fulfilled.

Through His Word, the psalmist discovered surety in knowing;

- God is his God.
- God answers prayers.
- God would indeed save him.
- He must put his hope in God's faithful words.
- That it is good to pay attention to God's Word.
- Following all God's ways are good.

**End today's study by returning to the Lord in prayer.**

## **Day 3: His Word has authority**

**Begin today's study with prayer.**

**Read Psalm 119:91**

In Psalm 119:91, the Word of God is referred to as a *Law* instead of *word*. What does it imply?

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A law represents authority, power and order. So, God's word is authoritative and powerful. This refers to something which remains, stands and serves.

**Read Psalm 148:5-6 and Isaiah 40:25-26**

The psalmist asserts two fundamental truths found in the Old Testament concerning God:

- He is always viewed as the *Creator-God*;
- He is consistently seen as the *Sustainer-God*. He created all things and He maintains all things.

**Read 1 Peter 1:23-25**

What things in your life do you feel are fading away?

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Do you believe that all of God's Word stands firm? Why?

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If God's word endures and the things of this world perish,  
what are you investing in and how?

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Because God's word endures forever, we should invest in  
spending time with His Word and invest in allowing His  
Word to impact every aspect of our life. (See Acts 5:29)

**End today's study by returning to the Lord in prayer.**

## Day 4: His Word teaches us how to live

Begin today's study with prayer.

**Read Psalm 119:92-94**

What trials do you find difficult to face and how do they bring insecurity (verse 92)?

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**Read 1 Samuel 24:1-32**

Compare man's ways of solving difficulties versus God's ways. Write down the difference:

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How does Psalm 119:93 re-enforce Psalm 119:9?

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God's Word is referred to as His Laws in this verse, so the psalmist delights in the way that God's Word has taught him to live. God's Word is to be known and acted upon. God's ways were so impressed on his heart that in life threatening circumstances he chose to obey God not man and was saved because of this.

We must learn from the psalmist and not take matters into our own hands and look for human solutions, but rather follow God's ways.

**Read Psalm 119:92 and 2 Timothy 3:16**

What do you need to live life without blemish?

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When in trouble, turn to His Word. When fear arises, turn to His Word. When trials weigh you down, turn to His Word. His Word secures us and as we follow it, it brings great joy. God's word is not only there to enjoy, it is there to employ.

**End today's study by returning to the Lord in prayer.**

## **Day 5: God's Word is boundless**

**Begin today's study with prayer.**

**Read Psalm 119:95-96 and Romans 11:34-36**

How has this week's study deepened your perspective of God and His Word?

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Psalm 119:96 confirms that God's Word exceeds the limits of perfection. God's word is unlimited in its scope and perfection— nothing else comes near it. In Romans 11:34-36 we see the awe and wonder at what God is doing.

Does the Word of God fill you with awe and wonder?  
Motivate your answer.

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**Read Romans 16:27**

What reaction should reading and studying the Word of God awake in your heart?

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In Psalm 119:96 the psalmist compares all excellent things he has seen to the Word of God. He then concludes that the Word of God is broad in the sense that its perfections go in all directions. God's Word is unlimited in its scope and perfection— nothing else comes near it.

Reread Psalm 119:89-96 and pray these verses for yourself.

**End today's study by returning to the Lord in prayer.**

# CHRIST OUR GROUP DISCUSSION PERFECT VISION

## Prayer

### Memory verse:

*Your word, Lord, is eternal; it stands firm in the heavens.*

*Psalm 119:89 (NIV)*

### Reflection:

Share with the group members how God worked in your life during this week.

### Scripture Reading:

Psalm

119:89-96

## **Discussion questions**

What are things which bring insecurity into our lives?  
Discuss.

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Share testimonies of how God's Word has helped you during unstable/insecure times.

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What lessons have you learnt from taking matters into your own hands instead of following God's direction?

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In what areas of your life are you struggling to hold on to God's Word by believing and trusting fully? Share with each other.

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## **Close in prayer**

# A WORD BASED LIFE

**Week 5**

## Walking in the PERFECT VISION

**Memory verse:**

*Your word is a lamp for my feet, a light on my path.*

**Psalm 119:105 (NIV)**

  
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## Day 1: The Word gives direction

**Begin today's study with prayer.**

**Read Psalm 119:105-112 and Proverbs 6:23**

Verse 105 is an outstanding verse in the Bible. Google it and you will get over 200,000 hits: You can listen to a song titled after this verse; watch a video of musicians performing the song; buy a book with the verse as its title. You can even buy a plaque for your wall or desk with this verse on it.

Why do you think this verse is so well-known and special? What is the significance of this verse for you?

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What is the significance of the words *lamp* and *light*?

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The lamp and light metaphors presuppose surrounding darkness, a description of the environment in which we all live. Proverbs 6:23 refers to them as sources of wise and practical guidance. The lamp was used at night when

there was no light. This emphasizes the power of the Word to guide both day and night. The reference to the feet is specific; the reference to the path is general. God's word gives us light for each step, and it also gives light for our whole life.

In what way does verse 105 provide us with encouragement in times of spiritual darkness and uncertainty?

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God's Word is our light in a dark world. It is a beacon of light in spiritual darkness showing us the way home. It is easy to get lost in life. We have so many decisions to make and so many distractions. Even with the best of intentions, it is easy to get lost. We can find our way back by turning to God's Word. It is our lamp and our light; it helps us find our way.

**End today's study by returning to the Lord in prayer.**

## **Day 2: The Word gives protection**

**Begin today's study with prayer.**

**Read Psalm 119:107 and Matthew 10:34-36**

The Word of God creates issues; it draws lines and therefore divides. Why do you think this happens?

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Matthew says that the Word divides even the closest relationships. Jesus does not mean that He came to start wars. However, the very fact that some people in families will follow Him, while others choose not to, will bring interpersonal hostility. People need to make a choice. Believers must be prepared to follow Jesus all the way, to martyrdom if necessary.

Have you ever experienced that? Explain what happened.

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In Psalm 119 the psalmist suffered a lot as indicated by the word *much* in verse 107. How intense do you think this pressure was?

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The words *preserve* gives us our answer. The verb means keep me alive, keep me safe. The affliction was so great he did not think he would live through it.

Have you ever been in a situation where you felt as if you will not be able to survive? What happened? What helped you through?

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### **Read Proverbs 30:5**

What does this promise mean to you?

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The Word of God tells us that He will protect us and guide us. We are never alone.

**End today's study by returning to the Lord in prayer.**

## **Day 3: Follow the Word**

**Begin today's study with prayer.**

**Read Psalm 119:106,110,112 and Nehemiah 10:29.**

**Read Psalm 119:106 again**

Which two actions in verse 106 show us that the psalmist is determined to follow the Word of God?

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The first is *taken an oath* and the second is *confirmed it*. It means to bind oneself by oath to do something. It is used in the context of vows in the Old Testament and means to be valid or to validate. It is an intensive form (I solemnly swear before God and the universe).

What is the content of the oath? What is he swearing to do?

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The psalmist is saying, “I will learn God’s word, I will obey God’s word, I will protect God’s word, I will defend God’s word, and I will cherish God’s word.”

**Read Psalm 119:110 again**

It is not certain whether the snare is literal or whether it simply means plans are made to bring about the psalmist's downfall. However, the danger is great and life threatening.

What is the psalmist's reaction to the snares?

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Amid these snares, the psalmist is unmoved in his devotion to the word of God. No set of circumstances could be so bad as to justify disobedience, nor could the affliction be so great as to modify his priorities. Let happen what will, he will follow the Word of God. The Word of God must reign supreme.

### **Read Psalm 119:112 again**

What is the psalmist's reaction amid such pressure?  
What should our reaction be?

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The psalmist could easily relieve the pressure by abandoning the word of God, but compromise on that issue is not even a consideration. His glory is the Word, and obedience is his crown.

**End today's study by returning to the Lord in prayer.**

## Day 4: Do not forget the Word

**Begin today's study with prayer.**

**Read Psalm 119:109, Judges 12:3 and Job 13:14**

What does it mean when the psalmist says: *I constantly take my life in my hands?*

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This is not a reference to suicide or a death wish. It means our spiritual as well as earthly lives are in peril because of our life choices. These choices cause us to take risks and make mistakes.

**Read Psalm 119:109b and Psalm 63**

How does the psalmist deal with his choices and challenges?

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The desire of the psalmist is to:

- intentionally form the habit of meditating on the Word, by disciplining his mind to do it.

- take time to do it - setting apart time each day that he may refresh his spirit by becoming better acquainted with God, and with his duty to Him.

He does this in the intervals of business, the moments of leisure which he may have during the day, and in the wakeful hours of night.

What should our reaction be when we are struggling?

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### **Read Romans 5:3**

What encouragement does this verse offer you?

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Are you setting time apart to remember the Word of God; to meditate on it; to become better acquainted with your duty to Him? Talk to Father about it.

**End today's study by returning to the Lord in prayer.**

## Day 5: The Joy of the Word

**Begin today's study with prayer.**

**Read Psalm 119:108 and Leviticus 7:11-16**

During all the affliction, the psalmist is making a willing offering of praise. The Old Testament offerings fell into five distinct categories of which the Peace Offering (Leviticus 3:1) is one. The peace offering (refer to Leviticus 7:11-16), however, had three subdivisions, namely:

- The Thank offering - for expected blessings
- The Vow offering - for deliverance in response to a vow
- The Freewill offering - for any overflow of gratefulness.

It was made when one could not contain himself. There was no need for a sin or guilt offering—it was the offering of one in intimate fellowship with God.

Have you ever given the Lord a freewill offering as an overflow of your gratefulness? What was the circumstances?

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**Read Ps 119:111**

What does the psalmist see as his heritage? Why?

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An inheritance is a great thing, something many aspired to obtain in the future. But the psalmist has already found his - his eternal inheritance is the Word of God. When something becomes one's full joy, all risk in the pursuit of it is disregarded.

Where do you find joy in your life?

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**Read Nehemiah 8:10 and Hebrews 13:15**

Where should the believer find his joy?

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Does this mean that we should not find joy in everyday moments and relationships?

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The Word of the Lord is a secure storehouse of joy, because it is eternal. No outside influence or circumstance will change the Word, therefore the joy in the Word cannot be taken away.

Although the Old Testament sacrifice system has been fulfilled in Christ, our grateful worship should still overflow to God. God's people of all generations have offered heartfelt worship to God. Our blessings in Christ – as the Word teaches us - should prompt thanksgiving in our lives.

Spend time with Father, thanking Him for His Word, His commands, His guidance and grace.

**End today's study by returning to the Lord in prayer.**

# CHRIST OUR PERFECT VISION

## GROUP DISCUSSION

### Prayer

### Memory verse:

*Your word is a lamp for my feet, a light on my path.*  
*Psalm 119:105 (NIV)*

### Reflection:

Share with the group members how God worked in your life during this week.

### Scripture Reading:

Psalm 119:105-112

## **Discussion questions**

What makes verse 105 so special? What does it mean to you? Share with each other.

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It is easy to get lost in life, even with the best intentions. We have so many decisions to make and so many distractions. How can we find our way back to God?

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The power of our memory verse is not only in the truth it speaks, but in applying this truth in our lives. Read Psalm 106-112 and discuss how we can make these verses practical and alive in our lives.

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## **Close in prayer**



# A WORD BASED LIFE

Week **6**

## Freeing power of the Word

**Memory verse:**

*Direct my footstep according to Your Word, let no sin rule over me.*

**Psalm 119:133 (NIV)**



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# CHRIST OUR PERFECT VISION

## Day 1: **Wonderful ... therefore I obey!**

**Begin today's study with prayer.**

**Read Psalm 119:129-136**

What is your personal opinion of the Bible?

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What is the psalmist opinion of the Bible?

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The word *wonderful* is a word rich in meaning. In the Old Testament it refers to things unusual and beyond human ability to produce. It is often translated as *too difficult* because it pointed to an accomplishment that could be achieved only by God. Our English word *incredible* touches on the meaning.

The psalmist responds to the wonder of the Word by obeying it. If we consider the Bible to be a treasure, we would be correct. But, to say that the Bible is *wonderful...therefore my soul keeps it*, is a greater statement about the Bible. If we read the Bible, but do

not keep it, we have read a great book, a great treasure from the past. But, if we read it and keep it and let it transform our life, we will glorify God. We will be drawn to Him and He will draw near to us.

What does the following verses teach us about how we should apply the Word of God?

Hebrews 4:12	
James 1:22	

God's Word is alive and well, because it comes from God, who sees and knows it all. We need concentrated effort to respond faithfully when we study the Word and hear God's message for us.

**End today's study by returning to the Lord in prayer.**

## Day 2: The Word gives understanding

**Begin today's study with prayer.**

**Read Psalm 119:130 and Proverbs 14:15**

What does this the word *unfolding* mean?

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Unfolding is literally *opening*. The unfolding of the word is to understand its meaning. God's word is viewed as a shut book that is then opened, and as a result, light comes forth.

The psalmist declares The Word to be a source of light and to be a teacher of the naïve people. This statement is more than poetic language. How would you explain this verse to someone?

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The writer is telling us that the Bible can illuminate our lives. It can show us where we are spiritually, and it can point us in the direction we need to go. The writer is also

telling us that the Bible can teach us how to live. As for the phrase *the simple*, it refers to those who are open to all kinds of influence. It refers to people who will not narrow their thinking to the confines of God's word. Our English word *naive* captures the idea very well. The simple (translation *naive*) is someone who believes everything – no matter the origin. There are some people who may consider themselves to be too intelligent to be taught by the Bible. But, in the end, we will find that the person who puts their trust in God and in His Word will be more highly exalted than those with the greatest minds who have not trusted God.

### **Read Deuteronomy 30:11-14 and Psalm 19:7**

How does these verses describe the Word and what does it mean to you?

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The Word of God is refreshing, is makes one wise, gives joy, brings light and is righteous. It is for everyone.

The Word gives us an understanding of what God created us to be and how we should live. This should fill us with awe as it let us draw near to Him.

**End today's study by returning to the Lord in prayer.**

## Day 3: Direct me Lord

**Begin today's study with prayer.**

**Read Psalm 119:133, Psalm 17:5 and Psalm 19:13**

Psalm 119:133 consists of two parts. Can you identify the two parts?

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- The word *footsteps* are literally referring to the small details of his life. He is saying, “Establish each and every step I take.” *According to your word* describes the path on which his feet walk. However, this path is fraught with danger, called *sin*. The psalmist sees sin as a potential danger to his obedience.
- The psalmist ask God to steady his life according to the promises of His Word and not let any sin dominate him. How often do you pray this prayer for yourself, your families, your friends, your co-workers and everyone with whom you come into contact?

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**Read Romans 6:11-14**

What does these verses teach you about the impact of sin in your life?

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Our participation in Christ's death and resurrection puts us in a new relationship to sin and to God. We are no longer slaves to sin. But we need to think about ourselves in a new way and act according to our new status. This we cannot do on our own, we need the Lord to direct us through His Word.

Pray Psalm 119:133 and Psalm 19:13 for yourself and everyone in your family and in your circle of influence.

**End today's study by returning to the Lord in prayer.**

## Day 4: Deliver me and teach me

Begin today's study with prayer.

**Read Psalm 119:134**

What does the word *redeem* mean to you?

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The word *redeem* is used when we talk about a debt that was cleared by payment. In the Bible, redemption is the action of God taken toward the nation of Israel. Here the psalmist anticipates that God will do for him personally what He had done for Israel nationally.

**Read Psalm 43:1, Psalm 142:6 and Luke 1:68,73-75**

What do these verses teach us about redemption? Why will God redeem us from our enemies?

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**Read Psalm 119:135**

The metaphor *Make your face shine*, literally means to let your face become light. What does it mean that God's face becomes light?

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The face of God is seen in His Word. For God's face to become light, we need to see Him in His Word, study His Word and apply His Word in our lives.

### **Read Titus 2:1-15**

In the second chapter of his letter to Titus, Paul is telling Titus what to teach. Read this chapter and make notes on the aspects of your life, where you still need teaching. Talk to Father about it in prayer.

**End today's study by returning to the Lord in prayer.**

## **Day 5: When the Law is not obeyed**

**Begin today's study with prayer.**

**Read Psalm 119:136**

Why is the psalmist so sad?

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The psalmist hates unrighteousness and those who deny God's word, and he is sad because people do not keep the Law. He also has a burden for their salvation and restoration.

**Read Jeremiah 9:1,10, 18 and Jeremiah 14:17**

Jeremiah has been called "the weeping prophet". Why was he weeping in these verses?

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Jeremiah is weeping because he realises that the judgement of the Lord will fall on His people. They did

not obey His Law and therefore they will be judged and punished.

### **Read Matthew 23:37**

Why is Jesus weeping for Jerusalem?

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What is Jesus's wish for Jerusalem?

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Jesus wishes that He could have spiritually protected and nurtured the people, but they were not willing. He has given them everything they need, but still they choose not to allow Him to keep them spiritually safe.

Do you allow the Lord to nurture and protect you through His Law (His Word)?

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Talk to the Father about the way you adhere to His Word.

**End today's study by returning to the Lord in prayer.**

# CHRIST OUR GROUP DISCUSSION PERFECT VISION

## Prayer

### Memory verse:

*Direct my footstep according to Your Word, let no sin rule over me.*

*Psalm 119:133 (NIV)*

### Reflection:

Share with the group members how God worked in your life during this week.

### Scripture Reading:

Psalm 119:129-136 and Deuteronomy 30:11-14

## **Discussion questions**

What is your personal opinion about the Bible? Do you see it as the Word of God and allow it to change your life? Discuss in the group.

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Do you understand the Word of God clearly or do you sometimes struggle to understand its meaning in your life? Discuss in the group how you can make it easier to understand the Word of God.

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Do you allow the Word of God to direct your whole life? Discuss how you can follow the Word of God in a practical level in your everyday life.

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## **Close in prayer**

# A WORD BASED LIFE

Week 7

## CHOOSE OUR Disciplines in the Word PERFECT VISION

**Memory verse:**

*... You are near, Lord, and all Your commands  
are true.*

***Psalm 119:151 (NIV)***

  
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# Day 1: Call on the Lord and Trust His Word

**Begin today's study with prayer.**

**Read Psalm 119:145-152, 169-170**

Have you ever been desperate to hear from God? What did you do to reach out to God?

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Have you ever prayed a prayer that seemed to be ignored? If so, what should you do about it?

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Psalm 119:145 gives us our answer. We should pray about it! Prayer involves the emotions, the mind, and the will. His intensity in prayer (*with all my heart*) is matched by his intensity in obedience. However, the psalmist is not trying to make a deal with God. He is not saying, “You grant my petition and I promise to reciprocate by obeying your word.” The psalmist knows that he is asking for something that one who keeps God’s word may expect.

## **Read Psalm 25:10**

What promise do we find in this verse?

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## **Read Psalm 119:147-148 and 169**

To what is the hope of the psalmist linked?

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The psalmist's hope is inseparably linked to God's word. The hope was not of his own making; he knew the Scriptures well and his hope was created by the Scriptures.

God is under no obligation to hear us. When He does so, as He inevitably does, it is due to His grace, not our merit. We rejoice that His word tells us He delights to respond to His own children. We can call on Him day and night, He will answer.

**End today's study by returning to the Lord in prayer.**

## **Day 2: Draw close to God**

**Begin today's study with prayer.**

**Read Psalm 119:150-152**

Do you experience that God is close to you? Do you have a living relationship with Him? Explain your answer.

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In verse 151 the psalmist turns his back on the enemy and focus on the LORD alone. The nearness of the LORD is not an abstract thought. The LORD is present because His word is present.

Why do you think the psalmist refer to the presence of the enemy first and the presence of the LORD second?

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The presence of the LORD completely counteracts the presence of the enemy. It is as though the psalmist puts the minor problem in front of us first and then introduces the major and final solution last. The presence of the LORD is the final thought he wishes to leave with us.

Read the following verses and summarise what it teaches us about the Word of God:

Deuteronomy 30:14	
Romans 10:8	

We live in a time when the Word of God is easily accessible to any person who wants to access it. To draw close to God, we need to understand and study His Word, His commands.

When we are close to God, He will teach us His will and He will guide us through His Holy Spirit. Through faith, Christ is accessible to all people.

**End today's study by returning to the Lord in prayer.**

## **Day 3: Rejoice in the Lord**

**Begin today's study with prayer.**

**Read Psalm 119:162-164; 171,172, 175**

What is the psalmist's overwhelming reaction when he thinks about the Word of God? What is your emotion when you think about the Bible?

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The steadfastness and determination of the writer of Psalm 119 is remarkable. Even though people are making his life miserable, the psalmist resolves to stand in awe of God, rejoice in God's Word, love God's Word, praise God and to keep God's commands.

**Read Psalm 119:162 again**

What are the spoils that the psalmist refers to? Why do you think he uses this figure of speech as a comparison to his feelings?

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The figure of speech, *like one who finds great spoil*, refers to the custom of plundering an enemy in war and bringing home all their possessions. This would include garments, gold, silver, ornaments, fabrics, women, flocks and herds, slaves, and food and drink. One can imagine the excitement that came over a town when the victorious general marched through with the booty taken in war now ready for them to enjoy. The psalmist uses this figure of speech to explain his joy and excitement about the Word of God

Read the following verses and in your own words, describe what these verses mean to you:

Psalm 51:10	
Psalm 51:14	
Psalm 51:15	
Colossians 3:16	

Pray Psalm 51:10-15 for yourself.

**End today's study by returning to the Lord in prayer.**

## **Day 4: Long for Salvation**

**Begin today's study with prayer.**

**Read Psalm 119:174-176**

Why do you think the psalmist longs for God's salvation?

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The psalmist is lost and needs the Lord to save him. The Bible pictures the Lord as a shepherd who seeks out his lost sheep (refer to Luke 15:4-5 and John 10:10-18)

**Read Psalm 51:1-4,10 and 1 John 1:8-9**

What would you tell someone who says that they do not need a Saviour because they live a good life?

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The Bible teaches us that sin is part of our human nature – therefore we need someone to save us from the dreadful consequences of sin. We cannot save ourselves.

## **Read Psalm 119:176 again**

Do you struggle with staying committed to the Lord?  
Explain your answer.

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Even someone with the spirituality to write such a mighty Psalm confesses his problem with staying committed to God. If you struggle with staying committed to God, do not despair. Open God's Word and read what it has to say. Make the Bible the foundation of your life. Allow the Word to draw you closer to God.

## **Read James 4:7-10**

In your own words, write what these verses teach us about staying committed to the Lord

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**End today's study by returning to the Lord in prayer.**

## **Day 5: Obedience makes the difference**

**Begin today's study with prayer.**

**Read Psalm 119:145-147, 173 and 176**

What does the psalmist see as his only help?

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**Read Psalm 94:12, Proverbs 3:11-12 and Hebrews 12:5-6**

What promise do we find in these verses?

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Do you believe this to be true for you as well?

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The Bible teaches that it is a blessing to be disciplined by the Lord, as it is a sign of His fatherly love. He disciplines those He loves to make them fit for His rewards.

The discipline of God is not just punishment for wrongdoing. It is also training towards spiritual maturity, through orderly instruction and correction when needed. God uses our struggles and suffering – whether innocent or deserved – to train us in holiness. However, God's instructions cannot succeed if we do not accept it.

Spend time with Father, talk to Him about your obedience, your experiences in terms of suffering and discipline. Recommit yourself to a life of obedience to the Lord.

**End today's study by returning to the Lord in prayer.**

# CHRIST OUR GROUP DISCUSSION PERFECT VISION

## Prayer

### Memory verse:

... You are near, Lord, and all Your commands are true.  
*Psalm 119:151 (NIV)*

### Reflection:

Share with the group members how God worked in your life during this week.

### Scripture Reading:

Psalm 119:145-162;169-176

## **Discussion questions**

What is your opinion of the Bible? Do you find it an easy or a frustrating book to read? Discuss in the group.

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Throughout Psalm 119 we saw that the psalmist is struggling with oppression against him and is crying out to God. In what way does this Psalm inspire you to hold on to the Lord amid difficult situations?

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Discuss the disciplines for our spiritual life that we studied this week. Do they encourage you? In what way? Discuss in your group.

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Which verse from Psalm 119 had the biggest impact on you? Share with each other.

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## **Close in prayer**

# CHRIST OUR PERFECT VISION

## Memory Verses

### Week 1

*I delight in Your decrees; I will not neglect your word.*

Psalm 119:16 (NIV)

### Week 2

*Turn my eyes away from worthless things; preserve my life according to your word*

Psalm 119:37 (NIV)

### Week 3

*You are my portion, Lord; I have promised to obey your words.*

Psalm 119:57 (NIV)

## **Week 4**

*Your word, Lord, is eternal; it stands firm in the heavens.*

Psalm 119:89 (NIV)

## **Week 5**

*Your word is a lamp for my feet, a light on my path.*

Psalm 119:105 (NIV)

## **Week 6**

*Direct my footstep according to Your Word, let no sin rule over me.*

Psalm 119:133 (NIV)

## **Week 7**

*... You are near, Lord, and all Your commands are true.*

Psalm 119:151 (NIV)

# CHRIST OUR PERFECT VISION

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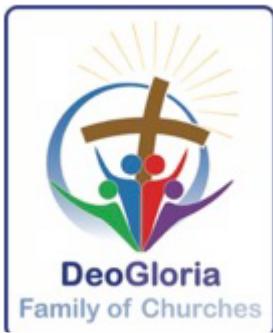
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2020

116