

Interactive Bible Study

Psalm 119

The Word/Statutes/Testimony of the Lord



Jesus Only Way
Ministries

What do you know about Psalm 119?

Name and Correctional Facility: _____

Pre-test

1. What is the Main message of Psalm 119? _____
2. Who wrote Psalm 119? _____
3. List some benefits of God's Word from Psalm 119 _____

4. List some synonyms for God's Word from Psalm 119 _____

5. List some responses the Psalmist often spoke of toward God and His Word? _____

6. What is happening in the Psalmist's life in Psalm 119? _____

7. How can a young man keep his way pure according to Psalm 119? _____

8. How does the Psalmist in Psalm 119 maintain his joy? _____

Lesson One—Taste and See!

Day One

- Read through Psalm 119 in one sitting without interruption
- Do not try to figure out what the author is saying
- Simply read as you would read a book
- Write down some of the benefits that come from God's Word
- What are some of the synonyms for God's Word?
- Have you found God's Word to be a delight & counselor?
- Ask Questions: Who, What When, Where, Why, & How
 - Who is the author? When was it written?

Day Two

- Read Psalm 119:1-8
- Mark every key word and synonym that refers to God's Word
- What is the general pattern in the key word placement?
- Who is being talked about in these verses?
- Is there a shift at any point? If so, identify where it occurs and describe it

Day Three

- Read Psalm 119:1-8 again
- Describe the person the psalmist calls blessed
- What does this person do? Why & how does he do it? Use the words from the text for your answer
- What does the psalmist ask of God for himself?
- What benefits does the psalmist look forward to as a result of keeping God's Statutes?
- What do you learn about God from these verses?
- Does anything about these verses bother you?

Day Four – Digging Deeper

- What is up with the prayer "Do not forsake me utterly!"? Doesn't it say somewhere else in the Bible that God will never leave us or forsake us?
- This phrase seems to contradict other Scripture. So what do we do with it?
- The easiest thing is to run to a commentary or notes in your Bible. You will want to seek commentaries **ONLY** after **YOU** have first wrestled with the text yourself.
- Approach for working through this prayer
 - Consider what you have already learned about the context in which the phrase occurs
 - What are the repeated words or concepts?
 - Look up the words law & blameless in a concordance

Day Four Continued

- What do you learn from studying these words?
- What do they tell you about the context of this phrase?
- Remember, the psalmist has the Law of God in the front of his mind as he is penning this psalm. Understanding this context is crucial for helping us understand some of the concepts in the text
- The Law and the covenant into which Israel entered with God held out both blessing and a curse. The people would be blessed if they kept the covenant, but they would be cursed if they broke it. This is a foreign idea to many people who have never read the Old Testament.
- Read Deuteronomy 11 & Deuteronomy chapters 27-31 to familiarize yourself with this idea
- Deuteronomy 11:26-28 clearly states the blessing and cursing
- The psalmist knew the Law. He knew the covenant required obedience and that God was looking for His people to follow Him in obedience.

Day Five – Personal reflection

- What have you learned from the text this week that you can apply to your life?
- What would a life without shame mean to people today who often live steeped in it?
- How does your love for God's Word compare with that of the psalmist?
- Take some quiet time to simply take a walk and quietly reflect on what you have learned.
- When you finish, write down any new thoughts God brought to your mind from His Word.

Lesson Two—Your Source for Answers

Day One

- Read Psalm 119:1-40
- List your observations
- Remember to ask the who, what, when, why, where, & how questions
- What questions come to mind?

Day Two

- Read Psalm 119:1-40 again
- What does the psalmist pray for himself?
- What does the psalmist want?
- What is it that the psalmist doesn't want?
- Make a simple list of his requests
- Highlight the positive ones in one color and the negative ones in another color
- Example:
- 119:10b **Do not let me wander from your commandments** (negative)
- 119:12B **Teach me Your Statutes** (positive)
- Take some time to compare and contrast what the psalmist wants and doesn't want in his life
- What is he looking to keep and increase?
- What does he want to cut out?
- What things in your life do you want to keep & increase?
- What things in your life should you cut out?
- Take some time to pray through these verses asking God how you can change

Day Three

- Read Psalm 119:9-16
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- What question does the psalmist open with?
- What kind of relevance does this have in our world today? In your walk with God?
- How does the psalmist answer his own question in the text?
- What do you learn about the psalmist's heart?
- The psalmist has done something with his heart. What and why?
- In verse 10, the psalmist writes, "Do not let me wander from Your commandment."
- What kind of picture does the word "wander" bring to mind?
- How has wandering exhibited itself in your life? In the lives of those close to you?
- Can you identify anything in your life that cultivates wandering?
- What antidotes does the text give to wandering?
- What does meditating on God's precepts involve?

- Do you have any ideas of how to delight in God's Statutes and not forget His words?
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Day Three Continued

- The text of Scripture is filled with examples of people who forgot. Why do we so quickly think that we are different? What can we do to guard against falling into the same trap?

Day Four

- Read Psalm 119:17-24
- Mark every synonym for the Word of God
- List below what you learned from marking the key words
- What can you glean about the general circumstances of the psalmist's life?
- What kind of people wander according to this section of the Psalm?
- It is not surprising that given the people the psalmist is dealing with he needs counsel. Consider your own life for a moment. Who was the last person you turned to for counsel? Remember, even if you consulted a book or some form of media, there is a person behind the counsel you received.
- Did that person provide you with truth? How do you know?
- Who else do you typically turn to for counsel?
- Where does the psalmist find his counsel?
- How can God's Word be your counselor? Are there conditions in your life that could hinder the effectiveness of God's Word?
- Be prepared to share it with the class
- Why did you choose the verse you did?

Day Five – Digging Deeper

- Spend some time today digging around for what God's Word says about counselors
- Start by considering what you already know about counsel from the Word of God
- See if you can show where these truths are in the Bible
- Make sure that the Word actually says what you think it says
- Look up the word counselor in a Bible concordance
- See what you learn from other places in Scripture where the word *counsel* and *counselor* are used
- Do you see main concepts in the texts? If so, what are they?
- What have you learned about counsel that you can apply to your life?

Day Six

- Read Psalm 119:25-32
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- Does anything stand out to you as unique from what you have learned so far?
- If so, what?
- In what general situation does the psalmist find himself in this section?
- What actions does he ask God to take on his behalf?
- What do all of the actions in some way involve?
- What is the psalmist doing?
- How do you see God and the psalmist working together?
- What outcome do you expect if the psalmist tries to obey on his own power?
- Consider how praying like the psalmist can impact your walk with God
- Read Psalm 119:33-40
- Mark every synonym for the Word of God
- List what you learned
- Are you beginning to see repeated concepts? If so, what? What about new concepts?
- Who is the focus of this section?
- What specifics does the psalmist pray for, both positively and negatively?
- Which requests can you relate to the most?
- It is one thing to observe Statutes and keep laws; delighting in commandments, however, is another thing altogether.
- To what extent do you delight in God's commandments? Explain your response.
- Read Psalm 119:1-40 one last time for the week and summarize the benefits the psalmist claims come from God's Word
- Reflect on the questions below
- To what extent are these benefits true in your life?
- To what extent does your life align with Scripture? Why?
- What would your life look like if these benefits were fully realized in it? Can you picture your life in this way? What would your church look like?
- Take some time quietly before God considering what you have studied this week

Lesson Three—The Secret to Delighting in God

Day One

- Prayerfully read through Psalm 119
- From verses 41-80 answer the following questions
- What are your initial observations on the text?
- What questions come to your mind?
- What words or phrases might you focus on for further study?
- What has been your biggest application point so far?

Day Two

- Read Psalm 119:41-80
- What are the ways in which the psalmist is working with God?
- In Psalm 119:1-40 we have seen what the psalmist asked God to do in his life, what he prayed for and against
- In Psalm 119:41-80 we will see some of the ways the psalmist is working with God
- List everything the psalmist says he is doing or will do (This will be your “man” list)
- List everything you learn about God and His nature, including the benefits that the psalmist has seen either through what God has done or what the psalmist trusts He will do (This will be your “God” list)
- What thoughts come to your mind regarding the relationship between what God does and what the psalmist does?
- What concepts do you see that you can apply in your life?

Day Three

- Read Psalm 119:41-48
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- What does this section suggest about the psalmist’s life situation?
- What type of people are crossing his path and how does he interact with them?
- When people reproach you, how do you answer? Do you respond as a person who trusts in the Word? Do people notice that the ways you respond are different from the ways others around you respond? Explain
- In verses 45-48, we see some very uncommon pairings of words. How does the psalmist describe his views about God’s commandments and precepts in these verses?
- How is your outlook similar to or different than that of the psalmist? How does this show up in your behavior?
- Can you honestly say with the psalmist, “Lord, I love your commandment!”? What is the greatest love of your life? How does God’s Word rank in comparison?

- Where does this delight come from and how can I get it that the psalmist is talking about?

Day Four

- Read Psalm 119:49-56
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- What kind of circumstances does the psalmist find himself in this section?
- How are the people he refers to treating him?
- How does he respond to his situation? Under similar circumstances how would you respond or react? Why?
- The psalmist talks about comforting himself by remembering God's ordinances of old. How can you comfort yourself using God's Word?
- Think of a specific situation in your life where you need comfort and apply God's Word to that specific need.
- The psalmist uses the word "remember" three times in this section
- Why was remembering important to him? What purpose did it serve?
- How are you at remembering? What causes you to remember or to forget? Are there any steps you can take to be more purposeful in remembering?
- How will your life change if you begin to remember purposefully?

Day Five

- Read Psalm 119:57-64
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- Summarize what the psalmist wants and what actions he has taken (verses 57-60)
- How would considering your ways benefit you? Have you done this recently? Have you ever done this?
- How does your life align with God's ways? Is there any work that God and you need to do? Explain
- What does turning your feet to God's testimonies mean?
- Are you quick to obey God and to follow the promptings of His Spirit? If not, ask God to help you obey and remember the example of the Israelites' delayed obedience.

Day Six

- Read Psalm 119:65-72
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- What general event does the psalmist refer to that changed the way he lived?
- How does the psalmist view affliction?
- How does this square with the way our culture thinks?
- How does our culture typically respond to God in the midst of affliction?
- How does this compare with the psalmist's response?
- Do you respond to affliction more like our culture or the psalmist? Explain.
- What is the psalmist's view of God?
- How does he know this?
- Do you know for sure that God is good and does good?
- Does anything ever cause you to question this? If so, how can you resolve this question for yourself?
- How do you respond when the storms of life hit?
- Think of the times in your life when you encountered affliction. Do you always respond in similar fashions? If you have responded differently, compare and contrast times when you responded biblically and not so biblically.
- Did you learn from one kind of response or both? If so, what?
- Read Psalm 119:73-80
- Mark every synonym for the Word of God
- List what you learned for marking the key words
- What actions does the psalmist attribute to God in the first three verses of this section?
- What does the psalmist ask for in this stanza? Does he think God will answer him? Why or why not?
- Does the psalmist's no-nonsense view on affliction surprise you? Is it simplistic or does it make sense considering the context of the Psalm so far? Explain
- Although the psalmist delights in God's law, meditates on it, and seeks to keep it, what is it that causes him to live? (verse 77) Is it his law-keeping or something else? Explain.
- What does the psalmist think is worse than being afflicted? How does affliction relate to this worse situation?
- Do people in our culture prefer to be afflicted or ashamed? How does this reflect the state of our souls? What does it say about our view of God?
- Is there an area of your life God is calling you to turn your feet from to His testimonies, to hasten and not delay?

Lesson Four—Are You Standing Firm in an Unsteady Culture?

Day One

- Read Psalm 119:81-112
- Ask the who, what, when, where, why, & how questions
- List what you observe in this section
- Has your thinking changed since you have been studying this Psalm? What about your behavior? Are there areas God is convicting you of, but you're resisting? If so, see if you can identify why you are disobeying. Is it fear? Something else?
- List the objective benefits of the Word under the heading objective (81-112)
- List the subjective feelings the psalmist has about the Word (81-112)

Objective	Subjective
<p>Example: V86 All Your commandments are faithful</p>	<p>V92 The law is the psalmist's delight</p>

- Looking over the lists you've compiled, have you experienced the subjective feelings of the psalmist?

- Spend some time in prayer today, asking God to give you a burning desire for His Word

Day Two

- Read Psalm 119:81-88
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- What is the psalmist’s situation in this section? What is he experiencing?
- How does the psalmist respond and/or react? Explain.
- What questions does the psalmist ask God?
- Do you relate with the psalmist’s frame of mind in this section? Explain.
- We see that the psalmist is being persecuted by a lie. How do you respond differently to persecutions based on truths or lies?
- Have you ever been persecuted with a lie? How did you handle it?
- What can you do when a lie is prevailing against you? Can you think of examples from Scripture when we are faced with this type of situation?
- What actions does the psalmist take in his dire situation?
- What have you learned from this section that you can apply to your own life situation? Think of a specific situation and response

Day Three

- Read Psalm 119:89-96
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- How does this section differ in tone than the previous section? Do you sense more hope? Why?
- In Psalm 119:81-88 we saw momentary persecution, trials that in the scope of eternity are gone like a vapor. In Psalm 119:89-96 we see words of stability and duration.
- Read Psalm 119:89-91
- List the words that imply stability under the heading stability
- List the words that have to do with duration

Stability	Duration

- Summarize below what you learned about the stability and duration of God and His Word
- How can you apply these truths during times of trial?

- Think of some ways your thoughts and actions would change if you lived in the light of the fact that God’s Word is “settled in heaven.”
- Read Genesis 5:19-24 & Hebrews 11:5
- Did you notice requests in Psalm 119:81-88 that were answered in Psalm 119:89-96?
- According to the psalmist, what “belongs” to God? 11

Day Four

- Read Psalm 119:97-104
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- What is the theme of Psalm 119:97-104?
- What are the benefits the psalmist says come from the Word, as well as the actions he has taken?

Benefits	Actions

- We saw that the psalmist meditates on the Word, but who does he say his teacher is?
- Describe your relationship to God’s Word today. Take a few minutes and write what’s in your heart. Is the Word sweeter than honey to you? Do you desire God’s Word over movies, money, people, entertainment, sports.....?

Day Five

- Read Psalm 119:105-112
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- What picture does the psalmist use to portray the Word in the opening line of this section?
- In decisions you have to make every day, do you trust God when you can see only the next step? Do your actions align with your beliefs? Describe a time you stepped out with limited light on your path. Why did you act? What was the outcome?
- What attitude does the psalmist have in this section?
- Are you committed to remember God’s Word and faithfulness to you? Is there anything in your commitment you need to address?
- In this section the psalmist pairs affliction and joy. How is your joy during times of affliction? How does the psalmist maintain his joy? Look for specific behaviors.
- Do you have joy in your life? What does it typically depend on?

Lesson Five—Finding Security in Unstable Times

Day One

- Read through Psalm 119 again
- Take note of the contrast between those who follow God and those who don't in verses 113-144
- List what you learn about the psalmist's adversaries. What characterizes them? (113-144)
- In what specific ways does the psalmist differ from his adversaries? (113-144)
- What applications can you draw for your own life?

Day Two

- Read Psalm 119:113-120
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- The psalmist starts off this section with strong words about those who are double-minded. What does double-minded mean? Are people double-minded today?
- Do you recall any other Scripture reference about double-minded?
- We have seen those who don't follow God. From this section, what are the benefits that both the psalmist and his opponents have access to? How do you know they both had access? What have they done that shows this?
- Summarize the differences in how God relates to those who know Him and those who don't.

Day Three

- Read Psalm 119:121-128
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- What situation is the psalmist in as he esteems all God's precepts to be right?
- What is he up against? Is there any indication of how long he has been in his situation?
- In verse 121 we see that the psalmist has "done justice and righteousness."
- What does he call on God to do and why?
- Based on the text of this section, who does the psalmist deem to be in charge?
- Give some examples from the text to support your answer
- Does the psalmist "know it all" about the Law of God? Explain from the text.
- How much of God's Word do you "esteem right"?
- Do you esteem the whole Bible to be God's Word?
- What do others in our culture today think? What do they accept and reject?

- If your life could use some improvement in this area, consider where your alignment may be off and how your life will change when you totally trust and esteem God's precepts to be right in every respect and at all times

Day Four

- Read Psalm 119:129-136
- Mark every synonym for the Word of God
- List what you learned from marking the key words
- What does the psalmist ask God for in this section?
- Biblically speaking, does "understanding" insure that iniquity will not have dominion over us? Explain. Cite verse number.
- Have you ever found yourself longing for God's commandments the way the psalmist does? Why or why not?
- Is there anyone in your life who thinks the Word of God is too hard to understand? Pray that God will give you an opportunity to show them that god's Word is within reach—that God gives understanding to the simple

Day Five

- Read Psalm 119:137-144
- Review the things the beloved were told to do
- Mark every synonym from the Word of God
- List what you learned for marking the key words
- What does the psalmist say in this section about righteousness? What is righteous?

Day Six

- Read 2 Corinthians 5:17-21
- What does Paul say about the righteousness of God?
- How does it relate to us?
- What does "new creature" mean to the way we live?
- In Psalm 119:129-136, we saw that the psalmist grieved over those who did not follow God's commandments. How does this compare with Psalm 119:137-144 as the psalmist considers adversaries who have forgotten God's Words?
- Does zeal for God and His Word ever consume you?
- Spend some quiet time with God reflecting on the words of this Psalm and asking Him to regenerate your heart with the truths you most need

Lesson Six—Ready for Every Tomorrow

Day One

- Read through Psalm 119 again
- List your biggest application points
- Application is not new knowledge you have gained. We're not talking about how you can apply what you have learned to your spouse, children, or next-door neighbor. We're talking about changing how you think and act. How is God using His Word and Spirit to conform you to the image of His Son?

Day Two

- Read Psalm 119:145-160
- Mark every synonym for the *Word of God*
- List what you learned from marking the key words
- What's the psalmist's situation in this section? How does he respond? Is it consistent with his responses in previous sections?
- Read Psalm 119: 145-160 again
- Mark the references to *time* and *proximity*
- When does the psalmist pursue God? What kind of attitude does he pursue with?
- How does this compare with your pursuing with respect to both time and intensity?
- What seems to fuel the psalmist's intensity?
- When circumstances get ugly, is your tendency to press into God or pull away from God? Why?
- What did you observe with regard to words that mean proximity? Who is near? Who is far? What picture is being painted?
- Have you experienced the reviving power of God's Word in your life? Explain

Day Three

- Read Psalm 119:161-176
- Mark every synonym for the *Word of God*
- List what you learned from marking the key words
- Do you see any similarities and/or differences between Psalm 119:161-168 and Psalm 119:169-176? What is the focus of each?
- In both sections, the psalmist looks eagerly for something? He hopes for it in Psalm 119:161-168 and longs for it in Psalm 119:169-176
- What extremely practical benefits does Psalm 119:161-168 present?
- Do you experience peace in your life? When you experience peace, what characterizes your thinking? Think about a time you lacked peace and describe your thinking then.
- Do you ever fear messing up your life? What does the psalmist say about stumbling?

- Where else does the Word of God address this issue? Is the message consistent? What is the reasoning behind the assurances given?
- How will the way you live change when you grasp this truth?

Day Four

- Read Psalm 119 again
- What do you think the psalmist means in verse 176?

Day Five

- Read Luke 15:1-7
- What's the relationship to Psalm 119?
- Read through Psalm 119 again
- Ask God to show you one priority area of application, one place where you can intentionally submit to His Spirit to align your life more with His Word.
- Be specific
- Example: Many of us know we should eat better. That's general. A specific application is "I will eat three servings of vegetables a day."
- What did you learn from Psalm 119 that thrilled you?

What do you know about Psalm 119?

Name and Correctional Facility: _____

Post-test

1. What is the Main message of Psalm 119? _____
2. Who wrote Psalm 119? _____
3. List some benefits of God's Word from Psalm 119 _____

4. List some synonyms for God's Word from Psalm 119 _____

5. List some responses the Psalmist often spoke of toward God and His Word? _____

6. What is happening in the Psalmist's life in Psalm 119? _____

7. How can a young man keep his way pure according to Psalm 119? _____

8. How does the Psalmist in Psalm 119 maintain his joy? _____

NOTES

Notes

