

PSALM 119:41-88

We learned about meditation in our last lesson. Now let's practice it. Using **Jeremiah 15:16**, spend time throughout each day this week meditating on it like a cow who chews her cud. **Jeremiah 15:16 says, "Thy words were found and I ate them, and Thy words became for me a joy and the delight of my heart..."** (NASV). Someone has said that meditation is to your inner person what digestion is to your body.

1. Jot down your insight, understanding or new thoughts as they come to you along the way. Chew, chew and chew some more. What does the Lord have for you?

REVIEW

In our first study of Psalm 119, we found that true blessedness belongs to those who hear, read and understand the Word of God. We discovered it is an even greater blessing to be obedient to it - to carry out in our walk and talk what the truth has done to our heart.

The psalmist is so open and honest about the sin and inadequacies in his life. He humbly seeks the Lord for help and direction. He is open and willing to learn. "Teach me," he pleads. Who better to teach him (or us) but the Lord Himself. As you do this lesson pay special note to phrases like "Teach me." Let's make this our prayer this week.

Teach me thy way, O Lord,
Teach me thy way.
Help me to read thy Word,
Help me to pray.
I want to live for thee
Thy will obey.
Teach me thy way, O Lord.
Teach me Thy way.

by Theron Babcock

Review your memory verse. (Psalm 119:9-11)

Read Psalm 119:41-88.

Reread Psalm 119:41-48

VAV

2. a. What phrases show that the psalmist has a commitment to speak God's truth?

b. To whom does he plan to speak these truths unashamedly? (verse 46)

c. Who could the "kings" be in your life?

3. a. We hear a lot about freedom in our society these days. It is a blessing from God but only when we do what? (See also John 8:31-32.)

b. Why isn't freedom always satisfying, especially when we are doing whatever we want? (See John 8:33-34.)

Reread Psalm 119:49-56 .

ZAIN

4. On a separate sheet of paper, try writing a paraphrase of this section - that is, write it out in your own words. We looked at a paraphrase in our last lesson written by Eugene Peterson. You may want to review it for help and ideas.

Reread Psalm 119:57-64 .

HETH

5. The title of this section of the psalm is Heth in English. Do an acrostic using adjectives that begin with the letter H to describe the Word of God.

H

H

H

H

H

H

6. What do you think helped the psalmist to not let the wicked intimidate him?

Those who consider the Lord their “portion,” their inheritance, their all, have no trouble being taught by Him or resolving to keep His Word. When tempted with honors or being threatened with the loss of an estate, friends, family, or even their own life, they can only say, “The Lord is my Portion.”

Reread Psalm 119:65-72 .

TETH

7. What does the psalmist ask to be taught?

8. a. How is God described here?

b. What does it mean to you that God is “good?”

9. a. What does he assume about affliction or the discipline of the Lord according to these verses?

b. What more can we learn about affliction from James 1:2-4?

10. Do you welcome affliction as a teaching tool? Explain.

Reread Psalm 119:73-80.

YODH

POINTS OF INTEREST

How can we avoid distorting God’s message to us? One way is to do some comparison of Scripture with Scripture. That offers a safety net, because the greatest interpreter of Scripture is Scripture itself. The more we compare Scripture with itself, the more the meaning of the Bible as a whole becomes clear. Cross reference is a tool to help compare, expand or amplify on the clarity of a word, a verse or a passage. Most study Bibles have references in their margins to help cross-reference.

11. Below is a list of verses in this section along with a column of verses that are cross referenced to them and are intended to help you understand this section better. Put the appropriate letter beside the verse to which they have reference in some way.

Psalm 119 verses:

Cross References

73 (formed, fashioned)_____

A - Ps. 143:8; Jer. 31:3

75 (afflicted)_____

B - Ps. 25:1-3, 20; Ps. 119:5-6

76 (love, lovingkindness)_____

C - Ps. 140:1-5, 12; Jer. 50:31-32

78 (arrogant, proud)_____

D - Gen. 1:27; Job 31:15; Ps. 139:13-16

80 (not be ashamed)_____

E - Is. 53:3-12; Ps. 22:24; Ps. 90:13-15

12. Share any help this cross reference has been to you.

Reread Psalm 119:81-88.

KAPH

13. Continue now as we did in the first lesson. Select the term from each verse that describes the Word and list it in the first column, along with the verse number. Then, as before, jot down our responsibility to it and what it does for us along with the reference as well.

What it is:

My responsibility to it:

What it does for me:

14. Application: In conclusion to your prayerful request at the beginning of this lesson, what has the Lord taught you from this portion of Psalm 119?