

September 8, 2021

Psalm 119 (NKJV) – *Life According to Your Word* - Meditations on the Excellencies of the Word of God. Read vv. 1-16

א ALEPH

119 Blessed *are* the undefiled in the way, Who walk in the law of the LORD!

² Blessed *are* those who keep His testimonies, Who seek Him with the whole heart!

³ They also do no iniquity; They walk in His ways.

⁴ You have commanded *us* To keep Your precepts diligently.

⁵ Oh, that my ways were directed To keep Your statutes!

⁶ Then I would not be ashamed, When I look into all Your commandments.

⁷ I will praise You with uprightness of heart, When I learn Your righteous judgments.

⁸ I will keep Your statutes; Oh, do not forsake me utterly!

Theme: God's Word blesses

ב BETH

⁹ How can a young man cleanse his way? By taking heed according to Your word.

¹⁰ With my whole heart I have sought You; Oh, let me not wander from Your commandments!

¹¹ Your word I have hidden in my heart, That I might not sin against You.

¹² Blessed *are* You, O LORD! Teach me Your statutes.

¹³ With my lips I have declared All the judgments of Your mouth.

¹⁴ I have rejoiced in the way of Your testimonies, As *much as* in all riches.

¹⁵ I will meditate on Your precepts, And contemplate Your ways.

¹⁶ I will delight myself in Your statutes; I will not forget Your word.

Theme: God's Word purifies

Introduction: Psalm 119 is an example of what is called an “alphabetic acrostic.” Each stanza—made up of 8 verses—begins each line with the same letter of the Hebrew alphabet. For verses 1–8, every line begins with the letter “aleph,” the first letter in the Hebrew alphabet. For verses 9–16, every line begins with the letter “Beth,” the second letter in the Hebrew alphabet. The psalm follows this structure for all twenty-two letters of the Hebrew alphabet. This style of poetry was often utilized to help with effective memorization. Most English translations include headers above each 8-line stanza noting the Hebrew letter for that section.

The term translated “blessed” in verses 1–2 comes from the Hebrew noun *ashray* and can also be translated “happy” or “happiness” depending on the context (see 1 Kings

10:8; 2 Chron. 9:7). Literally, the opening verse of Psalm 119 reads, “[Oh] the happiness of those who are blameless of way.” The term is used regularly throughout the psalms (1:1; 32:1; 40:5; 84:5; 106:3; 128:1; 144:15) and denotes more than simply a state of being blessed, but also the emotional quality that comes with knowing God and following His ways. David saw fit to open Psalm 119, which is focused on celebrating the value of God’s Word, by praising the blessed and happy life that comes from a commitment to the ways of the Lord.

Review:

What are the two categories in verses 1–16 into? (Verses 1–8 describe the blessed life while verses 9–16 express David’s desire to understand how to experience the blessed life.)

When you consider the phrase “blessed life” what comes to mind? What do you consider important elements of being blessed?

If verses 1–8 describe the blessed life, what does David point out as marks of the blessed life?

Based on these verses, would you say you are living the blessed life today? Why or why not?

What does verse 1 identify as a foundation for those who are blessed? (Blamelessness)

How do you “hide” God’s word in your heart?

What does it mean to guard our ways according to God’s Word?

What are some practical ways you practice that in your life? What are some ways you could be even more intentional about living in light of God’s Word?

Psalm 119 is a shadow of what has come in the person and work of Jesus Christ. We do not gain the blessed life through works of our own, but through the finished work of Jesus Christ, which is credited to us by faith. A disciplined reading of God’s Word will ultimately lead us to the Word made flesh—Jesus.

LIVE IT OUT

Pray: Set aside some time this week to pray and ask that God would give you an accurate view of yourself so that you can move forward in genuine confession and repentance.

Memorize: Select 2–3 verses from the text we studied this week that encourage you to practice regular confession and repentance. Commit them to memory and ask God to call them to mind for you in times when you are tempted to hide from the truth.

Journal: Sometime this week, sit down and write out the characteristics that marked your life before you met Christ. Then write about how your life has been transformed since surrendering to Christ. Read over your notes and praise God for His grace to you.

September 15, 2021: Gimel vv.17-24 and Daleth vv. 25-32

Learn more about the meditative culture of Old Testament Israel from the following passages:

Deut. 6:4–9; 17:14–20

What did God command each of Israel’s future kings to do when they came to power (see Deut. 17:18–20)? (They were to make a personal copy of the Law approved by the priesthood in order to remember the Word of the Lord.)

Who does Deuteronomy 6:4–9 address? (“Israel,” verse 1—in other words, everyone, whether it be the king or a normal citizen)

When are they commanded to “teach” and “talk” about God’s Word? (Throughout the entirety of their days, at all opportunities they had)

The Joy of God’s Word

1. Allows us to know the mind of God.
2. Provides an established standard.
3. Provides strength, comfort, and peace.
4. Gives guidance and enlightenment.
5. Provides “advanced” education.
6. Helps the young cleanse their way.
7. Helps provide proper companions.

NOTES: _____
