

The page is decorated with a repeating pattern of black and white line drawings. The pattern includes stylized flowers with five petals and long, thin leaves, as well as almond-like nuts with their characteristic ridges. These elements are scattered across the page, framing the central text.

NO. 12

Psalm 119:89-96
Eternity of the Word
- Lamedh -

| PSALM 119:89-96 |

Hi, ladies! Alli here. I am so excited to walk through the remaining verses of Psalm 119 with you over the next few days. Let's jump in with verses 89-96.

To start us off, let's read all of it in entirety.

How would you summarize these verses into one concept?

Ok, that's pretty tough, right? There are so many pockets of wisdom throughout these verses. Let's break it up into three sections.

Reread Psalm 119: 89-91

One of the most life-giving realizations presented in the Bible is the fact that the words flowing throughout each page are unchangeable. As verse 89 states, the Word of God is firm — it is established, it takes a stand, it is immovable. It is always relational. It is always applicable, and it breathes life into every situation.

Let's just be girls for a moment and reflect on the concept of clothing. Trends are always changing, and we constantly want new things. Why you ask? Because the old clothes are no longer applicable. We search for something that makes us feel confident in ourselves; yet, in just months, that once relevant shirt is no longer significant.

These verses remind us that the only item unchanged by the world yet completely relevant to life is the Bible. Not only does the Word of God stand as established in existence, its "*faithfulness continues through all generations*" (verse 90). Regardless of generational sin and worldly situations, the word of God remains the same. Your sin, your children's struggles, and your parent's transgressions (or any person you surround yourself with) are no match for the endurance and grace of our God.

NOTES

What are some sins that you are struggling with or someone in your life is facing that you can place in the firm hands of God?

What promises can you rest in to ground yourself in your ever-changing life?

Reread Psalm 119: 92-94

These verses are an outcry for the desperate need of God in our lives. David is clinging to the life he's been given by God alone, and he does so possibly struggling from guilt and shame as a result of his sin. Yet, in these verses, David looks to the Lord in thanksgiving as He has "preserved his life". David asks for saving as he constantly attempts to rid himself of sin and walk in God's promises. Just as David, let us sincerely give up ourselves to be made more like Christ. Let us overcome the feelings of shame and guilt, as those feelings aren't from the Lord, and let us be constantly reminded that we are enabled to remain close to our Father.

Reread Psalm 119:95-96

Oh, I just love these verses. Verses 95-96 tie it all together, ladies. The Bible is everlasting truth. We are sinners. Sin is crouching at our doors. Yet, God is perfect, and He is all things and in all things. In our darkness and in the wickedness around us, the Lord's promises stand forevermore. There are truly no bounds to God.

God, we know that no agitation, no situation, no change can shake You. You are perfection, and Your unfailing word reaches to all cases at all times. Let us never forget Your precepts as they truly preserve our lives. Let us rest in you today knowing that in our affliction, You sent your son to die on the cross, and Your grace turned the perishable imperishable and brought death to life. Let us face the bare fact that we, along with everyone surrounding us, are imperfect and reach limits that only You can fulfill.

Focus verse:





NO. 13

Psalm 119:97-104
Wisdom through the Word
- Mem -

| **PSALM 119:97-104** |

Before we dive into scripture, I have a question for you. I want you to answer this question as honestly as you can and jot down your answer.

What are some things that you love?

Okay, before we unpack that question, let us start by reading Psalm 119: 97-104 in its entirety.

How would you summarize these verses of Scripture?

Although I'm not an expert by any means, I feel these verses stand as a testament to the knowledge the writer, David, gained through devoted time in scripture on a consistent basis.

These verses show that David truly loved scripture. As you know from your list above, we think about the things we love often. We meditate on the objects of our affection. We think about those loved things in our quiet moments and in the busiest times of the day. Now let's answer this next question honestly...

How many times a day do you think about the Word of God?

I'm not sure about you, but the answer to that question for me is super convicting. I believe each and every one of us could spend more time focused on what God says about Himself and us in His Word. It's hard, we all know that. Distractions come and go, and it can be an uphill battle to get in that Scripture time.

NOTES

Our faith in God is like our muscles. When we work out (sorry, I know we shouldn't be talking about such a foreign subject... okay, maybe that's just me), our muscles begin to tire when we do something unfamiliar to our body. Our body begins to communicate with us that we can no longer continue. It begins to shake in disagreement with our decision to push ourselves. However, if we continue to persevere through the difficulties day after day, we begin to see tangible results. We begin to strengthen our muscles and weight, that was once hard to lift, no longer seems as challenging. As we continue to push and stretch ourselves, we become stronger, bigger, and better.

Our faith is like our muscles with God's Word being the exercise. As we meditate on His word and obey the Scriptures that fall on our hearts, we become better equipped to deal with the sinful world around us. As we study and practice the commandments of God, we learn to behave wisely in all of our ways. Even though sin is knocking on our door, we push back harder with the truth of our Lord. We become stronger in our faith.

Regardless of our age, education, or past, we can learn more on our knees than anyone of this world can learn on their tippy-toes. I pray that the Lord would give all of us a desire in our hearts to spend more time in the Word. I pray we would use our time in Scripture so that we can silence what the world around us says. I pray we would meditate on the love and grace He has given us so freely and seek His understanding and wisdom above anything else.

Lord, I pray as we begin to unfold the heavenly pages set before us, we would lay aside the world that we cling to. I pray we rid our minds of our worries, doubts, and fears and instead open our hearts to the Word of your Name.

Focus verse:



The background of the page is a repeating pattern of black and white line drawings of almond blossoms and almonds. The blossoms are shown in various stages of bloom, with some fully open and others as buds. The almonds are depicted with their characteristic ribbed texture. The pattern is scattered across the entire page, framing the central text.

NO. 14

Psalm 119:105-112

**The Word a Lamp and
Light for All Occasions**

- *Num* -

| PSALM 119:105-112 |

Read Psalm 119: 105-112 three times. What has God laid on your heart in these verses?

For me personally, verse 109 sticks out to me like a sore thumb:

Though I constantly take life in my hands, I will not forget your law.

Wow. For starters, I think it's incredibly humbling that David acknowledges the fact that he continuously falls into sin and moves without first consulting God. Wait... the people in the Bible aren't perfect? Every person in this world is broken? That's crazy! (Please catch my sarcasm, ladies.)

Let's be honest, though. It's so easy to get distracted in our walk with the Lord. We get distracted by the things around us, the people along our paths, guilt and shame, selfish ambition, pride, pressing time, other's sin, our darkness... the list goes on and on.

What are ways you take life into your own hands? Write down areas that you should seek God in instead of attempting to conquer them on your own.

To me, one of the sweetest characteristics about God is his faithfulness. Even though we consistently stray from the perfection of our Lord, we never wander so far that we forget His precepts. We try to maneuver through the world in selfish ambition; yet, the Holy Spirit reminds us that we cannot stand any longer than God holds us and no further than He carries us. He alone stands firm in the wavering; as in verse 107, God truly preserves our lives.

Preservation of our souls — I love that. Because I’m a nerd at heart, I decided to look up the word preserve. In the first dictionary definition, the word preserve means “maintain (something) in its original or existing state”. My favorite, though, is the third definition that says that preserve means to “maintain or keep alive (a memory or quality)”.

That honestly brings tears to my eyes, because Jesus, you’ve done it again. Without God, our darkness would be eternal. Without the Holy Spirit, we would walk aimlessly without any clue or indication of how to navigate life. Yet, because of Jesus, we are kept alive even in our meandering. God maintains his faithfulness in our brokenness and continuously invites us into his kingdom.

I pray we do not fall asleep to your Word, Lord. Help us open our hands and receive Your abounding truth. Help us prayerfully remember our brokenness and how Your gracious hands have delivered us, time and time again. Help us to not get swallowed up by the things of man but run with endurance the race set before us. Help us establish and ground our hearts in You. Help us to be humbled when our eyes shift to sinful and worldly desires. Help us increase in love for one another as we focus on Your mission. Help us to live a life of thanksgiving, because You’ve given us such a multitude to be grateful for. As Your decrees are unfailing, let us say yes to You, God, because You are so graciously faithful, time and time again.

Focus verse:

The background of the page is a repeating pattern of black and white line drawings. It features almond blossoms with five petals and long, slender stamens, as well as individual almond nuts with their characteristic ribbed texture. The drawings are scattered across the page, creating a decorative border around the central text.

NO. 15

Psalm 119:113-120
The Wicked and The Word
- Samekh -

| PSALM 119:113-120 |

Go ahead and read Psalm 119:113-120.

Before we dig into scripture, I want to share an extremely humbling, personal story. A year ago, I was in a relationship with a man who was not a part of God's calling for my life. I knew this deep down in my soul, but I continued to pursue this wrong relationship. When I would wake each morning the Holy Spirit would tug at my heart, revealing this truth to me. Yet, in my sin, I would swallow those thoughts and continue about my day. To my friends, I would pretend our relationship was perfect. To my family, I would defend my relationship actions. To my boyfriend, I would try my hardest to be the person he wanted me to be. Yet, with God, I wrestled with this and prayerfully clung to the life He had so graciously given me. You see, I was a double-minded person at it's finest.

Reread today's verses. Is there a time in your life when you have been double-minded?

Double-minded: *ambivalent, divided, half-hearted* (ESV BibleStudy App — you should get it)

These verses speak about people who are double-minded. It clearly states the outcome of those who walk half-heartedly towards the Lord. Ultimately, these people are eternally rejected and discarded. I do not say any of this so that you walk towards the Lord out of fear and not love. As you can see from my personal story, God is so gracious and forgiving. I just want you to remind yourself that God does not deceive and cannot be deceived. These verses express the dependency we must place in God alone.

NOTES

We will never overcome being double-minded if we attempt to navigate this life in our own strength. In verses 116-117, we see David asking for God to sustain and uphold him. Like David, we must humble ourselves and realize that we are not able to save ourselves nor keep ourselves safe. Through the power of our Lord, we can be delivered from our double-minded thoughts. In constant prayer and worship, we can be reminded of his righteousness. By studying and meditating on his word, God will shield us from our worldly desires and from enmity with Him.

What are areas of your life where you can ask God to uphold his promises while surrendering your attempt to do life in your own strength?

My relationship ended with me handing my sin over to God. The result of my sin caused me to feel shameful and unworthy of our Lord's love. However, in my brokenness, I drew nearer to God, and He delivered me from my half-hearted wandering. He wrecked my heart and delivered me into a place where I will never again submit myself into that situation. Wherever you find yourself today, God can and will rescue you when you fully hand yourself over to Him.

For the next five or ten minutes (or however many minutes you have available), spend time in prayer and ask God to help you submit to Him alone. Ask Him for strength and guidance in the areas you listed in the question above. Meditate on James 4: 7-8 (written below); ask for mercy in your double-mindedness and a shield against the double-minded people around you.

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you.

Wash your hands, you sinners, and purify your hearts, you double-minded. (James 4: 7-8 ESV)

Lord, as we open Your word today, let us humble our hearts in servitude to do what is glorifying to your Kingdom. Equip us with your words so that we can go out into this world with the armor of your Name and the discernment to shine your light where You call us.

Focus verse:



The page is framed by a decorative border of black and white line drawings. The drawings include various stages of a plant's life cycle: individual almond-like seeds with vertical ridges, small buds, and fully bloomed flowers with five petals and prominent stamens. At the bottom, there are larger, more detailed drawings of plant stems with long, narrow, pointed leaves and clusters of buds or small flowers.

NO. 16

Psalm 119:121-128
**Seperation and Deliverance
Through the Word**

- *Ayin* -

| PSALM 119:121-128 |

Go ahead and read Psalm 119: 121-128.

For starters, David mentions the word servant four times. I don't know about you, but when I say the same thing over and over again, what I'm repeating is usually something serious.

What does the word servant mean to you?

In this world's society, the word servant has such negative connotations — and with good reason with the darkness our world contains. Side note: don't we fall victim to that a lot? God speaks one thing, and the world turns it into something completely different because of sin. For instance, God calls the man to be head of the household. Wait... what? Society loves to have a field day with this biblical truth. And, God calls us women into submission to our husbands (Ephesians 5: 21-33). Okay, we aren't going to get stuck on this concept, because I could talk on God's provision on that topic for days. I just want to make a point. God hasn't allowed the word servant to be written in the Bible as a bad thing.

As you remove the negative thoughts of the word servant from your brain, remember, God is perfect. He is the perfect leader and is love itself — “*deal with your servant according to your love*” (verse 124). He is for us and wants nothing more than the absolute best for our lives. He is our Father, our Friend, and our Maker. And God calls us to be His servants. He calls us to be devoted and helpful followers and supporters of His promises, because it is for our good. He calls us to perform duties for others to bring about His glory. So, how do we do this?

Let's reread these verses, and pay attention to what David pleads with the Lord to deliver.

NOTES

In verse 125, David says, “*I am your servant; give me discernment that I may understand your statutes.*” We can become servants of the Lord as we gain more understanding of His precepts. As we grow in our faith, we can discern and perceive the workings of our Father and how He wants us to help grow the Kingdom. But indeed, we must continue to grow in our submission to God. Just as a servant leans on his owner, we must constantly seek God for knowledge in His purpose for our lives — in the happy times and especially the hard-pressed seasons of life.

What is an aspect of your life that you consider to be tough?

Matthew Henry Commentary spoke about these verses: “In difficult times, we should desire more to be told what we must do than what we may expect, and should pray more to be led into the knowledge of scripture-precepts than of scripture-prophecies.” Basically, in all times — especially tough seasons — we should long to know God’s promises more than to move based on what “we think He would want us to do”. We need to seek understanding through Scripture alone.

I have an exercise I’d like you to accomplish today. The area you wrote down above as a tough sector of life - pray over that. Pray that God would help you to hand that situation over to Him. Then, turn to Colossians 3 and read it. I know, more scripture in one day?! Crazy. Meditate and equip yourself with these verses, and walk out today as a servant of the Lord, not as a slave to this world. You got this!

Focus verse:





NO. 17

Psalm 119:129-136
**Joy and Communion
Through the Word**

- *Pe* -

| PSALM 119:129-136 |

Okay, we are going to switch it up today.

First, read verses Psalm 119: 129-136 in its entirety.

Next, let's reread sections of this Scripture and write out our personal thoughts and prayers over these verses. Along with today's verses,

I want to introduce Philippians 4:6 into the mix: *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”* Okay, who is ready to do this?!

Let's start with verses 129-130. David kicks off with words of thanksgiving, so let's do just that.

Spend a few minutes writing down areas of your life in which you are grateful. Write out answered and unanswered prayers along with how God has shown His hand through it all. Jot down your anxieties and struggles and how the Lord has delivered His promises through them. Process how God's light has been shown even in the darkest of moments in your life.

Doesn't it feel good to not credit yourself for the goodness that has occurred in your life but to give the credit where it is truly due?

When Christ is established in our souls, there is a gracious longing for his clarity in the midst of our darkness — let's do just that and make our requests made known to our Father.

Reread verses 131-135.

David uses the words “*turn to me, have mercy on me, direct my footsteps, redeem me, make your face shine, teach me*” when asking God for guidance.

Pray to God, asking for wisdom to discern how these requests apply to your life. Now, add in your own personal requests using the same words:

Have mercy on me in _____
(situation you didn't handle the way God would have called you to).

Direct my footsteps in _____
(sector of life where you need discernment).

Redeem me in my _____
(sin).

Make your face shine in _____
(situation in which someone you love is struggling with sin).

Teach me _____

(fruit of the spirit — Galatians 5:22-23).

These verses end with David weeping: “*Streams of tears flow from my eyes, for your law is not obeyed.*” I don't know about you, but filling in the blanks above has me in a similar state. How broken we are! We desperately need the Lord to rescue us from the trenches of sin. We struggle with selfish ambition and pride, and we long for guidance on how to handle situations around us.

NOTES

There is something freeing when you speak your troubles out loud. And believe me, God hears your cries.

The righteous cry out and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. (Psalm 34:17-18)

Walk in love today knowing that our Father is with you in the midst of it all; He has mercy on your shortcomings, “as [he] always does to those who love [his] name”. Feel the grace God has given to you through his son, Jesus, and rest in peace from God. Walk in freedom today, ladies.

Focus verse:





NO. 18

Psalm 119:137-144
Zeal for the Word
- Tsadhe -

| PSALM 119:137-144 |

Today's verses, Psalm 119:137-144, encompass David crying to the Lord over his troubles. As stated in verses 139 and 143, David speaks of how enemies of God's truth fight against him, resulting in him feeling troubled and distressed.

How can you relate to David's words about being troubled and distressed? What situations in your life lead you to feel doubtful and/or stressed?

However, verse 143 contains a conjunction, implying that these words of trouble are not where David's thoughts end. Conjunctions serve the purpose of connecting two or more events that are occurring at the same time.

Trouble and distress have come upon me, but your commands give me delight. (v.143)

Here, the conjunction "but" is used to show the coexistence of two events: the distress of David and David's joy because of the Lord's promises.

God, we are troubled and distressed, BUT Your commands, Your truths, and Your promises give us great joy.

Okay, now a quick exercise: look back at the verses and star every time David mentions God's law. Review the verses once again and underline each time David mentions negative feelings he is experiencing due to sin. Now, tally your stars and underlined statements.

What is so perfect about this Scripture is that David so evidently represents us. He openly admits his fears and how the encroaching sin around him is causing persecution due to his faith. Yet (perfect, another conjunction!), our thoughts about our current situation should never outnumber our outcries of thanksgiving to God for His constant deliverance. We should never allow any circumstance to prevent us from searching to know God's character more. It is only through seeking our Lord continuously that we gain better understanding of how to navigate our troubles and continue being a light to those around us.

Let's look at an example of this: a mother wants the absolute very best for her kids. She works tirelessly and does all she can to lead them to a successful, happy life. Well, what if a mom sees her kids get persecuted? What if the child starts to have troubles at school and other kids start to bully her child? Imagine that he is so overwhelmed by his situation that he quits coming to his mom for help. Under the weight of his pain and frustrations he's unable to see how his mom has been and will always be there for him — his mom is the source of help, love, and guidance that he needs. (Note: I am not a mom, but I believe that everyone has had some sort of motherly figure in their lives, so this example can apply to us all.)

How do you think the child feels in this situation? How would you feel as the mother to this child?

The feelings this mom would encounter are the same feelings God has when we don't run to Him with our troubles. God never told us that our lives would be simple, full of rainbows and butterflies! But He did promise us that He would always be with us!

Read 1 Peter 1: 6-9.

NOTES

As it says in Scripture, we will be met by various trials in this life. However, God so longs for our hearts throughout each sector of our lives. Let these trials not conquer us, but allow each and every pressing matter to solidify our faith and increase our praises to our Father. Even though we can't presently see God, we believe that our prayers are not only heard by Him, but also matter to Him.

I pray we all are met with an indescribable joy and peace today, reminding ourselves that the testing of our faith produces steadfastness. Stay strong and remember that the goodness of the Lord is much bigger than any trouble you are presented with today.

Focus verse:





NO. 19

Psalm 119:145-152

Experience Through the Word

- *Qoph* -

| PSALM 119:145-152 |

Psalm 119: 145-152 contains such a hope for our souls.

Go ahead, read it, and see for yourself.

These verses speak to David's consistency in seeking the Lord above all else. The hope that David breathes is due to his focus on how the Lord has delivered in the past, how He is currently moving, and how His Word will equip him to remain steadfast in the Lord's callings in the future. It reminds me of A Christmas Carol. As Scrooge is met by different scenarios of his life (sorry, I know that's random). So, let's take a deeper look into all three for David!

PAST // Reread Psalm 119: 151.

When we place our faith in Jesus, we immediately gain knowledge and power through the Holy Spirit. In gaining the Holy Spirit, we begin to have an outward, outpouring peace as we know the promises of God have always withstood the test of time. Reflecting and seeing how the Lord's deliverance has been woven throughout time brings about hope and confidence in Him, as He has never failed us.

How have past events in your life brought about more hope and confidence in God?

PRESENT // Reread verses 145-146.

We can't go about life thinking that we'll be able to survive by half-heartedly trusting in God. We should always be fully and honestly calling out to God for the saving of our souls. Let us seek Him in each waking moment for guidance through our worship to Him alone.

What present situations can you call to the Lord for deliverance in?

FUTURE // Reread verses 147 & 148.

We will never be able to stand up to the world around us unless we are constantly seeking the Word and meditating on it. We must be in continuous preparation of our souls in order to combat the sin fighting against us.

How are you preparing your heart to withstand the devil's schemes?

So, I did a little research on Scrooge. I googled A Christmas Carol, partly because I love Christmas and partly because I was just curious (sorry not sorry). When discussing the theme of the story, our lovely Wikipedia states that Scrooge “begins as a two-dimensional character but then grows into one who possesses an emotional depth and a regret for lost opportunities.” Wow. Now, that will preach! This is what happens to us as we continuously seek our Lord. We lose our two-dimensional selfish, prideful being and gain an emotional depth from God. We begin to seek opportunities to show God’s everlasting glory and find ourselves longing to not miss out on a chance to share the gospel with others.

NOTES

As you reflect on your answers above, let's spend the next few moments in prayer reflecting on God's faithfulness in our life's entirety. Pray that God opens your eyes more to the grace He has poured into your past. Pray that He would ignite a fire of desire to spend more intimate time in the word. Pray for a thirst for increased understanding of His promises and that He would equip you with specific scripture now and for future times of trouble. Turn to and read Ephesians 6:10-18, asking the Lord for His armor to combat any sinful desires as you live out your life sharing His love with everyone in your path.

Focus verse:



The page is decorated with a repeating pattern of black and white line drawings. The motifs include almond blossoms with five petals and long, slender leaves, and individual almond nuts with their characteristic ridged texture. These elements are scattered across the page, framing the central text.

NO. 20

Psalm 119:153-160
Salvation Through the Word
- Resh -

| PSALM 119:153-160 |

I'm going to be honest with you and tell you that these verses came into my life in a time of personal suffering. So, I want you to know that the depths of my heart are crying out as I write these words to you.

What do you find yourself in today?

I pray that the Holy Spirit would come before us as we read your Word, Lord. I cry out for the preservation of our souls in the persecution we find ourselves currently living out. We seek to know your character, God and ask for understanding and guidance in the unknown.

Let's read Psalm 119: 153-160.

David speaks heavily about the persecution he is experiencing. He has found himself suffering for the Lord's sake as those around him press against him on each side. He struggles to keep the law close to his heart as difficulty surrounds him, and David begs God to defend him as he continues pursuing the things of Christ.

What have been some of the hardest moments in your life?

How did you react initially, and how did God provide provision initially and in the events to follow?

At times, we all struggle with a “well-being” gospel belief that we should have lives overflowing with happiness and success. We feel we have lived in such a way that we deserve each and every blessing from God. Okay, now there aren’t many people who would admit this out loud, but I’m certain this thought has crossed each of our minds. It’s like we can’t understand why God would allow something unfortunate to happen in our lives. When tribulation or difficulty comes, we have this long list of reasons why it shouldn’t be happening to us. “I mean I’m a good person, I should be blessed for being good!” ... “and for God to allow a terrible event to take place...I mean what are you even thinking God?!”

Let us humble our hearts and realize that in reality, none of us deserve any blessing from God. With our sinful hearts of selfishness, pride, greed, and fear, we are helpless people without Jesus Christ. And just as a reminder, the only person who has ever stepped foot on the earth without sin was crucified on the cross. So, there you have it people.

We all know there is nothing more stripping or raw than tribulation. The hurting, pain, and bleeding of our souls can be gut-wrenching. The way persecution pierces our souls is a feeling we can’t fully explain. The gripping emotions that follow bad news or an awful event are something that no one could make up. We are never met with more intimate, humbling moments with God as these.

Why? Because the compassion of the Lord in persecution is unmatched. He so graciously meets us in each deep thought and emotion and preserves us. He refines our hearts as we rid ourselves of our sin and further anchors our souls in His promises. He rescues us from the very trenches of our situation and bestows tender mercy as He pours out His deliverance.

NOTES

Job is a prime example of someone who faced enormous loss but also received the ultimate faithfulness of God. As the last verse of Job states, “*And so Job died, an old man and full of years.*” (Job 42:16), let us walk into today and everyday with the fullness of life lived out because we trust in the Lord alone to fulfill our every need — especially in times of trouble.

Finish off today by praying Job 42:16 over your life, asking the Lord to meet you in your current situation and for guidance in it.

Focus verse:





NO. 21

Psalm 119:161-168
Perfection Through the Word
- Sin & Shin -

| PSALM 119:161-168 |

Today's reading, Psalm 119: 161-168, gives an invitation to release the fears we find ourselves struggling with and to find rest in the promises of God. I mean, who doesn't want to live fearless?!

Crack open your Bible and read today's verses.

What are some of your biggest fears?

As verse 161 states, David doesn't have fear when being persecuted by rulers yet trembles at the Word of God. He doesn't let fear of outward situations keep him from his purpose which is to share God with those around him.

To have a great peace in the midst of trial, David rekindles his worth in God as he states that "*seven times a day I praise you for your righteous laws*" (verse 164). His unrelenting pursuit of God leaves David without stumble as God grants him with calmness. We must do the same thing. God longs for each of us to live fearlessly in this world. Thus, we must intentionally pursue to know what God thinks about the world around us so that we can be rooted in the only truth that's grounded eternally. He is our ever-present refuge and help in each and every trouble.

*Great peace have those who love your law, and
nothing can make them stumble. (v.165)*

**What other scripture can bring peace to your fears?
(Psalm 27:1, Hebrews 13:6)**

I believe I speak for most people when I say that we find such joy and admiration in service dogs. A few years ago, I had a sweet puppy named Maxwell. He was a Border Collie/Blue Heeler which meant he was ready for work at all times of the day. I attempted, with little

success I may add, to teach him to do cool tricks and follow my commands. However, the only cool, and slightly annoying, trick Maxwell fully learned was to chase his tail. He sure was good at it, though!

I say this because, after understanding the difficulty of properly (or not in my case) training a dog, it made me even more impressed with service dogs and their constant, uninterrupted service to their owner. Their undying love and constant need for serving their master is unparalleled, as they wait patiently for the next command to be given to them. They obey the commander only and don't get distracted by the people or things going on around them. They don't contain fear but walk boldly as they complete the tasks given to them by their companion and overseer.

What is God asking you to wait for His lead on right now?

What are some ways you can obey the purpose God is calling for you today?

I pray we can be like service dogs today. I pray we don't hold onto fear but lift our heads and seek peace in Scripture as it brings hope and understanding to all situations. I pray we walk undistracted by our surroundings and focused on our mission. I pray we walk in obedience to the Lord alone as we wait patiently to follow the plans God has so graciously invited us to be a part of.

Focus verse:





NO. 22

Psalm 119:169-176
Prayer and Praise
through the Word

- *Taw* -

| PSALM 119:169-176 |

Alright ladies, we've made it! If you're reading this, I want to first tell you thank you for faithfully studying God's Word with us. We pray it has blessed you as much as God blessed us in writing it.

How are you feeling about Psalm 119 as it comes to a close? What has really engraved itself on your heart?

Let's go ahead and read Psalm 119: 169-176.

These verses are such a great way to end this chapter and study. When I first started reading these verses, one of my first thoughts was, "Gosh, David has such great manners." Is it just me or did your Mom constantly tell you to say "may" instead of "can"? Just me?? Anyway, in the first five verses, David starts with the word "may". The word "may" means to express a wish or hope. In expressing this wish, David's seeking was heartfelt and out of true submission to the Lord. In the first two verses, David expressed that he longed for his cry and supplication to be on God's radar. Like David, we should constantly humble ourselves and come to God knowing that we don't deserve such grace. We should consistently find ourselves on our knees earnestly seeking His word, in hopes that He may extend His love into our circumstances. These verses also exhibit David's awareness that only his Father could rescue him from himself. In David's own power he has "*strayed like a lost sheep*", yet God's hand is always ready to help (verse 173).

What raw emotions can you present to the Lord today?

David truly had hope that the Lord would deliver on his requests. He anticipated that overflowing praise would result from his prayers for understanding and deliverance. As Matthew Henry states, the rescuing of God would teach him “how to praise God and to have a heart to do it. All that are taught of God are taught this lesson; when God opens the understanding, opens the heart, and so opens the lips, it is that the mouth may show forth his praise. We have learned nothing of purpose if we have not learned to praise God.”

How has Psalm 119 taught you to praise God?

*Let me live that I may praise you,
and may your laws sustain me. (v.175)*

Such a beautiful verse. Lord, let this be our anthem while we live here on the earth! If you really think about it, our body’s death reaps a better world for those who follow Jesus. It brings about perfection and union with God (ahh, can’t wait Jesus!). Yet, let us ask the Lord if we can continue walking along the earth, because only here we can share God’s promises with others. Here on the earth are those that we pray will one day join us in the heavenly places. To do this and live out our purpose with any success, we must plea for God to deliver us and equip us always so that His promises can fulfill our every need.

God, we thank you for the unfolding of your words into our souls. We praise you for Psalm 119 and how it has transformed our hearts for your Kingdom’s cause. We honor and praise Your name for You go before us, You are in our current situation, and You have been faithful throughout the test of time. May our cries for knowledge be heard in order for us to walk in harmony with Your will. May Your precepts speak louder than any persecution, the sin that clings so tightly, and the events around us. May we always long for Your salvation more than this life, pressing on to keep faithful to Your precepts. We love you, Lord, thank you for deliverance, time and time again.



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psalm 119