

## ***For all that's good in life—The benefits of God's Word in Ps.119***

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### **Where we are and intro to this lesson**

- We've studied the life of David for the past two weeks and we'll end with an in-depth study of Ps. 119.
- This is also a helpful lesson to stand by itself to encourage you and others of the value of God's Word.
- Though there is some debate of the writer of this Psalm, the consensus is that David wrote it as a summary of his love for God's Word and the results in our life if we read, meditate on, memorize and fill our life with it.
- This week we'll look at an overview of the many benefits God gives us from his Word that are listed in Ps.119 including wisdom in making decisions, freedom, happiness, guidance, hope, and comfort. Plus, one of the most wonderful of all-- peace in our lives, the deep, wholeness of peace that the word "Shalom" describes.
- We'll talk about 10 Benefits first—but then very important—
- A 5 –Step plan for how to get a grip on God's Word, how to get it into our lives
- Because it isn't magic, you need to read, study, memorize, think about the Bible so the values and viewpoint in it becomes yours and only then will the benefits we are going to talk about become yours

### **Benefit #1 The Way to be truly happy**

- Ps.119:1 Blessed are those whose ways are blameless,  
***who walk according to the law of the Lord.***  
<sup>2</sup>Blessed are those who keep his statutes  
and seek him with all their heart—  
<sup>3</sup>they do no wrong  
but follow his ways.
- Blessed *esher-Happiness, happy*
- "Blessed" so vaguely spiritual—happy is tangible, we understand it
- "**Who walk**" this is a continuous action
- Concept of a North Star helpful
- Something fixed—something that all our decisions and actions revolve around
- PS 119 details all the ways that God's Word provides that North Star

### **Benefit #2 Ability to live a clean life, a pure life**

- *Ps. 119: 9 How can a young person stay on the path of purity?*  
*By living according to your word.*  
<sup>10</sup>*I seek you with all my heart;*  
*do not let me stray from your commands.*

<sup>11</sup> *I have hidden your word in my heart that I might not sin against you.*

- When God's Word fills our hearts there is no room for garbage....and we are all-natural garbage collectors, something must fill our hearts and minds, our silent chatter
- Bible memorization proven as a help against porn, but we all have ugliness in our lives that a focus on God's word can purify.
- Our society is overrun with snark, the clever retort, the nasty tweet or reply—these are not fitting for God's people

### **Benefit #3 The wisdom needed beyond our reading**

- *Ps.119:18 **Open my eyes** that I may see wonderful things in your law.*
- *Psalm 119:34 **Give me understanding**, so that I may keep your law and obey it with all my heart.*
- *Psalm 119:66 <sup>Teach</sup> **me knowledge and good judgment**, for I trust your commands*
- *Psalm 119:73 (TLB) You made my body, Lord; **now give me sense to heed your laws.***
- **Pray before you read**
- Similar prayers repeated throughout—for everyone to pray—a prayer God Will ANSWER
- James 1:5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

### **Benefit #4 A correct perspective of life and what is of true value**

- *Psalm 119:36 Turn my heart toward your statutes and not toward selfish gain.*
- Everything in our world screams that if it doesn't make money it isn't worth doing.
- Or that the amount of money what someone makes determines their worth.
- The sooner you realize that simply isn't true the more peaceful life you will have
- "Only one life will soon be past, only what's done for Christ will last."
- Don't ever wait until you are secure enough financially to do what you feel God wants you to do.

### **Benefit #5 Real freedom**

- *Psalm 119:45 <sup>I</sup> will walk about in freedom, for I have sought out your precepts.*
- When you play to an audience of ONE, when your goal is to live your life according to God's Word
- That is freedom—you simply don't have to worry about what will happen or what people think.
- BUT you must really know God's Word for that to be true. You can't be an arrogant, insensitive person and blame it on God.

## **Benefit #6 Meaning in suffering—because trials will always happen**

- *Psalm 119:67-68, NIV Before I was afflicted I went astray, but now I obey your word. You are good, and what you do is good; teach me your decrees.*
- Psalm 119:67-68 Living Bible (TLB) I used to wander off until you punished me; now I closely follow all you say. <sup>68</sup>You are good and do only good; make me follow your lead.
- Psalm 119:71-72 Living Bible (TLB) The punishment you gave me was the best thing that could have happened to me, for it taught me to pay attention to your laws. They are more valuable to me than millions in silver and gold!
- Psalm 119:75 I know, Lord, that your laws are righteous, and that in faithfulness you have afflicted me.

### **More on God allowing troubles**

- Hebrews 12: 5-11 . . . have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.”

Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all.

Moreover, we have all had human fathers who disciplined us, and we respected them for it. How much more should we submit to the Father of spirits and live! They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later, however, it produces a harvest of righteousness and peace for those who have been trained by it.

### **From these verses we see:**

- God disciplines us so we will grow in our faith and in holiness
- He is faithful to do this—would not love us if he didn’t
- How can we know when hard times come if it is discipline or something else (for God’s glory and purposes)?
- When a difficult time comes—take some time to examine yourself—prayerfully ask
- Is there a sin in my attitude or actions?
- Again, God’s Word shows us what is sin in his eyes

even if it is OK in our world today

- If not blatant sin, is there anything that needs correction?
- What can make you a better ambassador, a better representative of Jesus?
- Ask the Lord to help you change.
- He is merciful, but it is difficult to ask for blessings if we are doing something that isn’t good for us and sin ultimately never is.

### **Benefit #7 Strength, perspective in trials**

- *Psalm 119:92 <sup>if</sup> your law had not been my delight, I would have perished in my affliction.*
- Old saying, but so true: troubles can make us bitter or better.
- God’s law (his Word) shows us this present trial is never the end of the story
- There is a lawgiver
- One day—all will be called to account—should motivate us to pray
- Pain will end and everlasting joy will be the result

### **Benefit # 8 Spiritual insight and common sense**

- *Ps.119: 165, (MSG) For those who love what you reveal, everything fits—no stumbling around in the dark for them.*
- Clarity in confusion
- *Psalm 119:125 (TLB)for I am your servant; therefore give me **common sense** to apply your rules to everything I do.*
- Common sense in life situations
- *Psalm 119:130 The unfolding of your words gives light; it gives understanding to the simple.*
- Understanding outside intellectual limits

### **Benefit #9 The truth about God**

- Psalm 119:156 Your compassion, Lord, is great; preserve my life according to your laws.
- Satan will always lie about God
- “Hath God said?” first lie in the Garden of Eden
- Continuously he will malign the character of God in difficulties, questionable situations, temptations
- The Bible tells us that God is love, mercy, grace, and truth

### **Pray to understand, know, feel this love and live in it**

- *EPH 1: 17 I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. <sup>18</sup>I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, <sup>19</sup>and his*

*incomparably great power for us who believe.*

- Eph. 3:1-19 (Msg) *And I ask him that with both feet planted firmly on love, you'll be able to take in with all followers of Jesus the extravagant dimensions of Christ's love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God.*
- Feeling safe in God's love is essential for our relationship with him.
- If a spouse or child is always questioning love, you can't enjoy or grow in the relationship
- This is hard for some of us and why we need to pray to understand, accept it, and live like we believe it.

#### **Benefit #10 Wholeness of peace**

- ***Psalm 119:165 Great peace have those who love your law, and nothing can make them stumble***
- Peace= Shalom
- Fullness of peace in body and spirit now and forever
- When God's Word is your North Star

#### **To review the 10 Benefits of God's Word**

- Benefit #1 The Way to be truly happy
- Benefit #2 Ability to live a clean life, a pure life
- Benefit #3 The wisdom needed beyond our reading
- Benefit #4 A correct perspective of life and what is of true value
- Benefit #5 Real freedom
- Benefit #6 Meaning in suffering—because trials will always happen
- Benefit #7 Strength, perspective in trials
- Benefit #8 Spiritual insight and common sense
- Benefit #9 The truth about God
- Benefit #10 Wholeness of peace
- Will these happen automatically?
- Of course not!.... that's why I'm going to share

#### ***How to get a grip on God's Word:***

#### **The Hand Illustration from the Navigators**

### **HEAR**

Consequently, faith comes from hearing the message, and the message is heard through the word about Christ

**Rom. 10:17**

*In church*

*Radio/Podcasts*

*Bible audio on your phone*

### **READ**

Blessed is the one who reads aloud the words of this prophecy, and blessed are those who hear it and take to heart what is written in it, because the time is near.

**Rev. 1:3**

Read with a plan

Read the Whole Bible

Read with the same respect as you would any other

book.

Study Bibles very helpful.

### **STUDY**

The Jews received Paul's message with enthusiasm and met with him daily, examining the Scriptures to see if they supported what he said.

**Acts 17:11, MSG**

Dig deeper

Blue Letter Bible, word studies

Journal about it

Join a study group—study books.

### **MEMORIZE**

How can a young person stay on the path of purity?

By living according to your word.

I seek you with all my heart;

do not let me stray from your commands.

I have hidden your word in my heart

that I might not sin against you.

**Ps. 119:9-11**

Memorize what speaks to you

Find a system: index cards, apps on your phone

Remember where the verse fits in the overview of the Bible

Make memory verses easy to access

### **MEDITATE**

But they delight in doing everything God wants them to, and day and night are always meditating on his laws and thinking about ways to follow him more closely.

They are like trees along a riverbank bearing luscious fruit each season without fail. Their leaves shall never wither, and all they do shall prosper.

**Ps. 1:2-3, LBT**

Think about how to apply the 4 ways of intake.

Christian meditation is not mindless

Journal applications—what should I do in light of God's Word?

What does God's Word say about this certain situation?

**If you make all these actions part of your life**

- Listen, Read, Study, Memorize, Meditate
- Then you will have a solid grip on God's Word, and you can expect to the benefits of Ps. 119 grow in your life.