

## Psalm 119

**Key verse 105 - Your word is a lamp to my feet  
and a light to my path**

### Introduction

It has been suggested that King David used this psalm to teach his young son Solomon the Hebrew alphabet. In some of your Bibles it may say Aleph before the psalm because the first 8 Hebrew verses begin with this Hebrew letter. Then the next 8 verses begin with the next Hebrew letter Beth and so on for each of the 22 stanzas. The author is unknown though several commentators suggest Ezra may have written this, when the temple was rebuilt, as a repetitive meditation on the value and beauty of God's word. The psalm is all about the word of God and it is mentioned in at least 171 of its 176 verses. It is the longest psalm and chapter in the Bible. A number of different words are used for God's word.

1 Read verses 1-16 and note the different words used to refer to God's word.

2 Why do you suppose the author used these 8 words? What may be the different emphasis of each word?

3 Look at psalm 1 which we studied earlier in the series. What similarities are there with verses 1-8? You may want to look at a few translations.

4 What do you understand by being blessed? (a state of being used as a noun here.) How is this different than the translation 'happy'? Blessed has been described as a state where we are able to relinquish the temporal and hold more tightly to the eternal- of receiving God's favour regardless of circumstances.

5 What do we need to do to remain in a state of blessedness? Verses 1-8 Note the verbs.

6 If all of this seems almost impossible be encouraged because even as the psalmist states what we should do he interweaves it with prayer. How does he pray? V8, 10b, 12b. Also see v18, 26-7, 33-35, 36, 37 and many more. How should this encourage us to pray for ourselves and others?

7 We live in a fallen world and our culture is often unhelpful to our spiritual wellbeing. What does the psalmist recommend to protect ourselves? V9 and v11. Discuss the practical outworking of this, at home, work, and leisure. If you are able, share personal testimonies.

8 Jesus is the supreme example of one who knows God's word and used it effectively. Read Matt 4v1-4 and Deut 8v3.

9 We noted in the first 8 verses how we need to relate to God's word. In verses 9-16 we have more encouragement to treasure, delight and meditate on God's word. How can we do this? Could the group facilitate learning a verse and/or reflecting on one verse for a few minutes?

10 There are many benefits of knowing, treasuring, and keeping God's word. Discuss the following verses. 1, 6, 7, 44-46, 98-100, 105, 165.

11 During the week you may like to read the whole psalm and make a note of some of your favourite verses. Some of these may be very familiar to you!

### Prayer points

*1 Pray for the work of the Bible society throughout the world.*

*2 Pray for all our church families, that parents may show by their example that they value God's word, and their children grow to know and love the word of God.*

*3 Pray for all who preach that they will be faithful to God's word.*

*4 Pray that all our homegroups will encourage members to diligently study and love God's word.*

*5 Pray that our lives will demonstrate that we live according to God's word.*