

Heart to Heart with the Living God


Psalm 119

*"Blessed are they whose ways are blameless,
who walk according to the law of the LORD." Psalm 119:1 (NIV)*

Challenge yourself to sit down and read this entire chapter before you begin this lesson.


Day 1: Read Psalm 119:1-32. (God's Law)

The Law was God's covenantal directive; encompassing all the statutes in the torah that reflect God's character and what he requires of his people.

1. Several synonyms for "law" are used throughout the psalm.
 - a. List all the ones you find in today's reading.
 - b. How does the Psalmist's use of these synonyms add to your understanding of the law?
2. Why is the law so important to an Israelite? (Deut. 4:5-8; * Deut. 30:11-20)

Pick a few verses from the psalm that you think illustrate this.

Day 2: Read Psalm 119:33-72. (Life of the Psalmist)


3. The Psalmist is living in a world that does not value or obey God's laws. How does he respond? (vv. 51, 61, 69; * Ps. 119:126-128, 136)
4. What benefit has come from the Psalmist's affliction? (vv. 67, 71)


Think of a time when you strayed from obeying the Lord. How did God bring you back?

5. What attitudes and actions mark the one who loves God's law? (vv. 36-37, 44-45, 58-63)

Day 3: Read Psalm 119:73-104. (Response to the Law)


6. Why is God's law so awesome? (vv. 89-91, 98-99, 103-104)

*The  symbol indicates verses for further study.

7. What are some phrases that the Psalmist uses to describe his feelings towards the law? (vv. 14, 20, 24, 52, 97, 103;  Ps. 119:120, 127, 131)

How does the Psalmist's passion for the Old Testament law compare with the way you feel about God's fuller revelation of himself in Jesus? (Jn. 1:14; Heb. 1:1-3)

Day 4: Read Psalm 119:105-144. (Benefits of the Law)

8. Sometimes we think of God's law as restrictive and oppressive; instead, what is the truth? (vv. 32, 45; Jn. 8:32; Jas. 1:23-25)
9. What are some reasons that the Psalmist wants to obey God's law? (vv. 2, 6-9, 11, 105, 129-130, 140;  Ps. 119:165)

Day 5: Read Psalm 119:145-176. (Longings Expressed)

10. The Psalmist wants to be like the blessed man of verses 1-3 who is obedient to God's law. How does he discipline himself towards that goal? (vv. 9, 11, 15, 16, 24, 147, 164, 166)
11. Even in his desire to be obedient the Psalmist knows he often fails. What does he ask God to do for him? (vv. 10, 12, 18, 156, 169-173)
12. As wonderful as the law is, it is not intended to be an end in itself. Even after the Psalmist's lengthy meditation on God's law, what is he still left longing for? (v.176)

How has the "good Shepherd" sought and found you? (Isa. 53:6; Lk. 15:3-7; 1 Pet. 2:24-25)