

* The Heights Baptist Church * Series: The Psalms *

* Topic: The Word of God * Psalm 119 * 9/28/25 *

MAIN POINT

Psalm 119 provides us with a wonderful description of God's word. It tells us we will be blessed if we obey it and meditate on it.

INTRODUCTION

If you could master one field of study, such as economics, engineering, vacation planning, cooking, etc., what would it be and why?

How are the teachings of the Bible distinct from all other teachings we receive?

In our information-driven culture, people want to know more about everything. People are interested not only in gaining new skills to use in a rapidly changing work environment, but in learning more to grow personally. Unfortunately, many people lack a spiritual hunger for God's Word, and many who do have the desire to study the Bible haven't developed the discipline to make Bible study as profitable and life transforming as it can be. Today we will see the enormous benefits of studying God's word.

UNDERSTANDING

Note to study leader: The format of this lesson is not the same as the lessons normally are. Since this Psalm is 176 verses long, this will not be a verse-by-verse study, but rather an overview of the key concepts covered in this Psalm.

OVERVIEW OF PSALM 119

Psalm 119 is the longest Psalm in the in the book of Psalms, and also the longest chapter in the Bible. It consists of 176 verses, which makes it about as long as the entire book of Philippians. The format of Psalm 119 is an alphabetic acrostic poem, with the first letter of each stanza being a successive letter in the Hebrew alphabet. Each of the 22 stanzas contains eight verses.

The human author of this Psalm is not named. This psalm highlights the importance and value of God's word in the life of the believer. Almost every one of the 176 verses mentions God's word (God's word, God's law, God's precepts, God's statutes, etc.). As we read through this Psalm, we see the psalmist's deep love and reverence for God's word. In these verses, we are shown the nature of God's word, the benefits of God's word, and how we are to take in God's word as believers.

ASK A VOLUNTEER TO READ PSALM 119:1-8: INTRODUCTORY STANZA

What does it mean to be blessed?

The Hebrew word translated as blessed in these verses also can be translated as "happy".

In what ways are we told to go beyond just reading God's word if we want to be blessed?

The psalm opens with two beatitudes. "Blessed" are those whose ways are blameless, who live according to God's law, who keep His statutes and seek Him with all their heart. We need to be taking God's word in through reading it, hearing it, studying it, and memorizing it. And on top of this, we also need to be seeking God with all our heart, praying for God's help in understanding and obeying His word, and meditating on it, and praising God as we study it. The goal isn't to earn righteousness, but to allow God's living word to draw us closer to Him and transform our lives.

How would you summarize how we are to take in God's word if we want to be blessed by it?

God's word is to be studied and meditated on. We are to diligently obey His word, with the goal of praising God and getting to know God better.

THE NATURE OF GOD'S WORD

ASK VOLUNTEERS TO READ THE FOLLOWING VERSES

How do each of these verses describe God's word as a reflection of God's nature?

- **Psalm 119:42:** God's word is trustworthy.
- **Psalm 119:62:** God's word is righteous.
- **Psalm 119:89:** God's word is eternal and unchanging.
- **Psalm 119:140:** God's word is pure.
- **Psalm 119:160:** God's word is true.

How would you summarize the nature of God's word?

God's word is completely pure, trustworthy, true, pure, eternal and unchanging.

Why are these truths about God's word so vitally important for us?

God's word is the one true anchor we can totally trust in this world.

THE BENEFITS OF GOD'S WORD

ASK VOLUNTEERS TO READ THE FOLLOWING VERSES

What benefits of God's word are mentioned in these verses?

- **Psalm 119:1-2:** God's word brings blessings.
- **Psalm 119:9-11:** God's word helps us walk in purity and not sin against God.
- **Psalm 119:24:** God's word gives us counsel.
- **Psalm 119:45:** God's word gives us freedom.
- **Psalm 119:50:** God's word preserves my life and gives me comfort in my sufferings.
- **Psalm 119:72:** God's word is precious to me.
- **Psalm 119:93:** God's word helps preserve my life.
- **Psalm 119:105:** God's word is a lamp to my feet, and a light to my path.
- **Psalm 119:165:** God's word brings us peace.

How would you summarize the benefits of God's word?

If we choose to follow God's word, we will experience blessing, peace, direction, and light in life.

Why are these truths about the benefits of God's word so vitally important for us?

God's word is the one completely true, reliable source of direction in this world.

Can you think of a time when the truths of Scripture "preserved your life" (v. 93)? Describe the situation and the impact God's word had on your life.

OUR RESPONSIBILITY TOWARD GOD’S WORD

ASK VOLUNTEERS TO READ THE FOLLOWING VERSES

What responsibilities do we have towards God’s word as mentioned in these verses?

- **Psalm 119:14:** Rejoice in following God’s word.
- **Psalm 119:97:** Meditate on God’s word.
- **Psalm 119:44:** Obey God’s word.
- **Psalm 119:33:** Study God’s word.
- **Psalm 119:113:** Love God’s word.
- **Psalm 119:73:** Pray that God would help us understand His word.
- **Psalm 119:72:** God’s word is precious to me.

How would you summarize our responsibility toward God’s word?

We need to make it a high priority to internalize God’s word into our lives.

Why are these truths about our responsibility toward God’s word so vitally important for us?

God’s word is the tool by which God transforms our lives as Christians (John 17:17).

NEW TESTAMENT VERSES ABOUT THE IMPORTANCE OF GOD’S WORD

Note to study leader: Include these New Testament verses as time permits.

ASK VOLUNTEERS TO READ JOHN 17:17, 2 TIMOTHY 3:16-17, AND HEBREWS 4:12-13

What does it mean that God sanctifies us through His word (John 17:17)?

The process of sanctification refers to God transforming us to become more and more like Christ. And a primary means God uses to accomplish this is through His word.

1 Timothy 3:16 literally says that “all Scripture is God-breathed.” What does this mean?

The Bible is not the word of fallible man, but the infallible word of God. It says exactly what God wants it to say.

What does it mean in Hebrews 4:12 what it says that God’s word is living and active, penetrating even to dividing between soul and spirit, and that it judges the thoughts and attitudes of the heart?

God’s word actively examines and exposes us in a way that nothing else can. We need to allow it to do its sanctifying work in our lives, since nothing else in this world is capable of doing this.

APPLICATION

What change can I make in my daily routine to better take in God’s word?

Consider meditating on each of the 22 eight-verse sections of Psalm 119 over the next 22 days.

PRAYER

Thank God for giving us His precious, living word. Praise Him for His eternal, unchanging, pure word of truth and life. Pray He would give us the grace to internalize his word into our lives.

COMMENTARY

Note to study leader: *The format of this lesson is not the same as the lessons normally are. Since Psalm 119 is 176 verses long, this will not be a verse-by-verse commentary, but rather an overview of the key concepts covered in this Psalm.*

“The one theme is the word of the Lord. The Psalmist sets his subject in many lights, and treats of it in divers ways, but he seldom omits to mention the word of the Lord in each verse under some one or other of the many names by which he knows it; and even if the name be not there, the subject is still heartily pursued in every stanza. He who wrote this wonderful song was saturated with those books of Scripture which he possessed.” *Charles Spurgeon Commentary on Psalm 119*

“This is another of the *alphabetical* or *acrostic* Psalms. It is divided into *twenty-two* parts, answering to the *number* of letters in the *Hebrew alphabet*. Every *part* is divided into *eight verses*; and each verse begins with that letter of the alphabet which forms the *title* of the part, e.g.: The *eight* first verses have \aleph *aleph* prefixed, the second *eight* \beth beth, each of the *eight* verses beginning with *that* letter; and so of the rest.” *Adam Clarke Commentary on Psalm 119*

“It is not easy to give any general *Analysis* of this Psalm; it is enough to say that it treats in general on the privileges and happiness of those who observe the law of the Lord. That law is exhibited by various names and epithets tending to show its various excellences. Earnest prayers are offered to God for wisdom to understand it, and for grace to observe it faithfully. These particulars may be collected from the *whole* composition, and appear less or more in *every part*.” *Adam Clarke Commentary on Psalm 119*

“Its contents are mainly praises of God's Word, exhortations to its perusal, and reverence for it, prayers for its proper influence, and complaints of the wicked for despising it. There are but two verses (Psa. 119:122, 132) which do not contain some term or description of God's Word. These terms are of various derivations, but here used, for the most part, synonymously, though the use of a variety of terms seems designed, in order to express better the several aspects in which our relations to the revealed word of God are presented. The Psalm does not appear to have any relation to any special occasion or interest of the Jewish Church or nation, but was evidently intended as a manual of pious thoughts, especially for instructing the young, and its peculiar artificial structure was probably adopted to aid the memory in retaining the language.” *Jamieson, Fausset, and Brown Commentary on Psalm 119*

“The things contained in the scripture, and drawn from it, are here called,

1. God's law, because they are enacted by him as our Sovereign.
2. His way, because they are the rule both of his providence and of our obedience.
3. His testimonies, because they are solemnly declared to the world and attested beyond contradiction.
4. His commandments, because given with authority, and (as the word signifies) lodged with us as a trust.
5. His precepts, because prescribed to us and not left indifferent.
6. His word, or saying, because it is the declaration of his mind, and Christ, the essential eternal Word, is all in all in it.
7. His judgments, because framed in infinite wisdom, and because by them we must both judge and be judged.
8. His righteousness, because it is all holy, just, and good, and the rule and standard of righteousness.
9. His statutes, because they are fixed and determined, and of perpetual obligation. His truth, or faithfulness, because the principles upon which the divine law is built are eternal truths. And I think there is but one verse (it is v. 122) in all this long psalm in which there is not one or other of these ten words; only in three or four they are used concerning God's providence or David's practice (as v. 75, 84,121) and v. 132 they are called God's name.” *Matthew Henry Commentary on Psalm 119*