

## **"A Joyful Journey" - Psalms 119: 49-72 Lesson #3**

### **Review Questions**

#### **Psalms 119:49-56- You Are My Hope**

1. What does hope mean to you?
2. How have you been able to comfort or sympathize with someone this week?
3. What and who is on your mind when time to go to bed at night?
4. What does Galatians 6:23 say?

#### **Psalms 119:5-60 - Repentance**

1. What kind of promises have you made lately? Did you or will you fulfill them?
2. What steps do you take in order to "obey" God's Word when He speaks truths to you?

#### **Psalms 119:61-64 – Training Camp**

1. What does it mean to be trained? How does Gods word accomplish this?
2. What is the Armor of God and where is the scripture found about this in the bible?
3. How do you feel when you have those over whelming moments in life?
4. Who is our comforter and counselor?

#### **Psalms 119:65-68- In Step with Jesus=Goodness**

1. Name some blessings God has given you lately.
2. How does life compare now that you're saved vs. when you were lost?
3. What are some changes you need to make to be " In Step with Jesus"?

#### **Psalms 119:69-72 – Focus**

1. How do you deal with someone that gossips and lies about you?
2. What are some ways you can stay focused on Jesus?
3. How much time do you spend in the "textbook", Gods Word?

## **"You Are My Hope" 49-56**

<sup>49</sup>Remember your word to your servant, **for you have given me hope.** <sup>50</sup>My comfort in my suffering is this: **Your promise preserves my life.** <sup>51</sup>The arrogant mock me unmercifully, but I do not turn from your law. <sup>52</sup>I remember, LORD, your ancient laws, and **I find comfort in them.** <sup>53</sup>Indignation grips me because of the wicked, who have forsaken your law. <sup>54</sup>Your decrees are the theme of my song wherever I lodge. <sup>55</sup>**In the night, LORD, I remember your name,** that I may keep your law. <sup>56</sup>This has been my practice:  
**I obey your precepts.**

**We find a lot of "hope" in today's verses!** What does hope mean to you? Have you ever felt you had none? Can you sympathize with others when they appear to be down and out? God comforts us in our suffering and tough days; therefore, we should do the same for those God puts in our paths. We remember what it feels like to be hopeless and we also remember how God brought us through it; there is light at the end of the tunnel –Gods Word promises us HOPE.

Do you ever look at someone's lifestyle and it just grips your heart with sorrow or indignation as the verse says? Do you ever wonder why someone that lives a sinful life seems to be getting away with it? The word also tells us "Be sure your sins will find you out" "Whatsoever a man sows he will also reap". Things are not always what they appear to be. We have no idea what is really going on in a person's life. We are not to judge but pray and bless them. *I believe we are commanded to do this as much for our benefit, as the person we are being tempted to judge and criticize.* "Judge not lest ye be judged". "He who is without sin cast the first stone".

<sup>54</sup>**"Your decrees are the theme of my song wherever I lodge"** Have you ever found yourself singing a Christian song you heard on the radio or in church recently? How did that make you feel? Did it lift your spirits? You got that song in your heart, and it just hangs on to you all day long; I believe that's one of Gods ways of giving us HOPE.

<sup>55</sup>**"In the night, LORD, I remember your name, that I may keep your law"**. When you lay down at night what is on your mind, worries, anxiety, or anger? God's Word heals and comforts and gives HOPE. If you're having trouble sleeping, try listening to some good Christian music or an author that reads the bible on your DVD or YouTube.

Go to bed remembering Jesus and what He has done for you and ask Him to increase your HOPE and help you obey His word. "Ask and ye shall receive". Don't get impatient, (easier said than done, I know) things don't usually happen as speedily as we would like. **PERSEVERANCE** and ask for more of the infilling of the Holy Spirit Galatians 6:23- be filled with the fruit of the Holy Spirit- Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, and Self-Control.

## **"Repentance " 57-60**

<sup>57</sup>You are my portion, LORD; I have promised to obey your words.<sup>58</sup>I have sought your face with all my heart; be gracious to me according to your promise. <sup>59</sup>I have considered my ways and have turned my steps to your statutes.<sup>60</sup>I will hasten and not delay obeying your commands.

**"You are my portion"** – What does portion mean? A part of a whole; an amount, section, or piece of something. When I meditate upon this first portion of our study verse, I am reminded of something I often hear myself say. "We can have as much of the Holy Spirit of God as we want" The portion we receive from God is what portion or amount we ask Him for. Seek ye first the kingdom of God and His righteousness and all these other things will be given to you. You have to seek, knock and spend time in His presence to receive an abundant "portion" of His grace, love, forgiveness, love, joy, peace, patience, kindness, gentleness, faithfulness and self-control (Galatians 6:23 fruit of the Holy Spirit).

Can you think of a time you made a promise to yourself or someone else and did not keep it? How did that make you feel? I try to be very careful when it comes to using the word "promise" in my vocabulary. God promises, pledges, vows, and is committed to loving us unconditionally!

God promises us eternal life in heaven as long as we have trusted Jesus as our personal Savior – asking Him to forgive us of our sins and come into our hearts. Once saved, we should see a difference in our lifestyle and attitudes. Old things are passed away, behold all things are new. We have a new heart! Think about it for a minute. Ponder the awesome grace and price Jesus paid for our salvation, our future, our hope and happiness in this life and the hereafter.

Yep, there will be "those days", but God never "Promised us" a trouble-free life. We appreciate the good things a lot more once we have made it through the tough ones AND we can empathize with others when they go through something, we remember what it felt like to go through; reaching out and encouraging each other. Be thankful IN all things, it does not say FOR all things, in realizing what a difference that one little word makes can change our attitudes in our attitudes toward thankfulness in good and bad times.

<sup>58</sup>I have sought your face with all my heart; be gracious to me according to your promise. Have you really "sought the face of Jesus" lately? It's never too late to start somewhere, start today, don't wait until tomorrow or next week, TODAY is the day! Should we really expect God to be gracious to us when we don't even acknowledge Him?

<sup>59</sup>I have considered my ways and have turned my steps to your statutes. Today is a new day, Father help us start it off right! Help us turn our steps toward you and act upon what your plan is for us. Father it is soooooooooooooo hard to just sit still and hear from you, life is so fast a furious, give us grace and fortitude to listen and obey! <sup>60</sup>I will hasten and not delay to obey your commands.  
Amen.

## **"Training Camp" 61-64**

61 The wicked hemmed me in — **there was no way out** — but not for a minute did I forget your plan for me. 62 I get up in the middle of the night to thank you; your decisions are so right, so true — I can't wait till morning! 63 I'm a friend and companion of all who fear you, of those committed to living by your rules. 64 Your love, God, fills the earth! Train me to live by your counsel.

Have you ever felt "hemmed in" – claustrophobic – overwhelmed – had a panic attack? I am almost sure, at one time (or two or three or four....) we have all had a time we felt like this. NO FUN! When in the middle of the wave of painful emotions, did you feel there was no way out, no light at the end of the tunnel? Good news, there is HOPE and God will "train us" to fight the good fight and overcome these feelings.

**61 "Not for a minute did I forget your plan for me. 62 I get up in the middle of the night to thank you; your decisions are so right, so true — I can't wait till morning"!**

Have you ever heard of the armor of God? We can dress with the armor of God every single day and fight the fiery darts that the devil aims at us, **in Jesus name!** Check it out in Ephesians Chapter six.

Some of the fiery darts myself and some coworkers have dealt with this week have been quiet frustrating, overwhelming and caused much anxiety. Life happens and we will live with this "stuff" until Jesus comes; we just have to put into practice what Gods' word tells us to, this way we can have the peace and hope in the midst of the storms that rage around us.

Father help us to remember to trust you when we are so overwhelmed, speak to us in your still small voice and remind us of what your word says, amen and amen. **63 I'm a friend and companion of all who fear you, of those committed to living by your rules. 64 Your love, God, fills the earth! Train me to live by your counsel.**

I see Christian fellowship here, we obtain that by regularly attending a spirit filled church and getting involved with serving others at our church and in the world, we live in. God has a plan and a purpose for each and every one of us. It's our responsibility to open our hearts and spirit and walk in His directions and biblical guidance, then we will be filled with His love. We can do this with the help of our teacher and counselor, the Holy Spirit; He lives within every saved person.

## **"In Step with Jesus = Goodness!" 65-68**

**65 Be good to your servant, God; be as good as your Word. 66 Train me in good common sense; I'm thoroughly committed to living your way. 67 Before I learned to answer you, I wandered all over the place, but now I'm in step with your Word. 68 You are good, and the source of good; train me in your goodness.**

Praise you Jesus! I see your blessings and goodness in today's lesson, thankful for my salvation and your unconditional love and grace, thank you!! **65 Be good to your servant, God; be as good as your Word.** You are good to me Father, your word is active and alive in my soul, remind me every day of your commands that I may walk according to your plan and purpose for my life. Convict me of sin along the way that I may continue to walk in your goodness, thank you for this word today and every day! Remind me and bring to my heart, those I need to pray for.

Train me in good common sense; I'm thoroughly committed to living your way. Yes, "train me". I know for a fact that in many of my busy days at work, you are helping me be "ahead of the game"; showing and giving me wisdom in how to handle situations as they arise, I see it all the time. I don't take this for granted and I give you the glory, I know it is you; remind me to give you praise where praise is due! I am committed to you, I just need your help all the time, step by step, minute by minute, hour by hour, day by day.

I often think of "pre praying" as a way of being "ahead of the game". I hope this makes sense to all that are reading this. Pre Pray – start off with prayer and fellowship with Jesus and the rest of life will fall into place with blessings, whereas if we don't pray and spend time with Jesus, things do not go as well and the blessings will not flow because there is no communication going on.

**67 Before I learned to answer you, I wandered all over the place, but now I'm in step with your Word.**

When I was lost (thank God that has been soooooooooooooo many years ago) I did wander all over the place. There was no peace and real direction in my life. I look back and see the lifestyle I lived and it was not good and I definitely was not blessed and was headed for some major destruction from the people I was hanging out with. I was only 13 when I remember hanging with someone that had a real influence on my life and it was NOT GOOD!

I still praise God to this day, for my mother sending me to my dad at such a young age and that changed my life. I was not saved at this time, but God was looking out for me way ahead of time – He had a plan and purpose for my life and that included sitting here and sharing Gods Word with you and the Salt Shakin Sister Outreach. Thank you, Jesus,! **Now I'm in step with your Word.**

## **Focus-69-72**

69 The godless spread lies about me, but I focus my attention on what you are saying; 70 They're bland as a bucket of lard, while I dance to the tune of your revelation. 71 My troubles turned out all for the best — they forced me to learn from your textbook. 72 Truth from your mouth means more to methane striking it rich in a gold mine.

**69 The godless spread lies about me, but I focus my attention on what you are saying.** Today, as we ponder Gods word, I can really relate to this verse. This past week was very frustrating and stressful at work and I had someone I was dealing with, that was gossiping and telling lies/gossiping about me.

How did that make me feel? How well did I deal with it? Did I talk to God about it and just act like everything was peachy? NO! I look back and see anxiety, anger, stress, frustration and my complaining and talking about it LOULDY - too much! Busted! Practice what I teach.

Well I am ever thankful for Grace and knowing I have a new day with new grace and strength to handle it better; I still need Gods wisdom and direction to handle the situation, as it is not resolved yet and I still have to deal with the problem; I need Godly direction and need to "Focus my attention on what He is saying" as this verse tells me.

**71 My troubles turned out all for the best — they forced me to learn from your textbook. 72 Truth from your mouth means more to methane striking it rich in a gold mine.** These troubles will turn out for my best, if I will listen to and adhere to Gods Holy Spirit and the words, He will give me for guidance and wisdom. I have not arrived yet, but in lessons ahead I will see the victory and God gets all the praise for getting me through, yet another tough situation/trial/testing. This word says: "they forced me to learn from your textbook". YEP, Gods word=textbook of teaching and learning "How To" live in victory and peace most of the time.

Gods truth is more valuable than a gold mine; Gods word is rich and more valuable than gold and it will last forever, whereas everything I have now, will pass away, get old, outdated, and be trashed or destroyed someday.