

# A Joyful Journey – Lesson #7: Psalms 119:145-160

## Review Questions

### Psalms 145-149 – “I Don’t Know What to Pray”

1. I pray with \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, answer me Lord!
2. I will \_\_\_\_\_ your decrees.
3. What time of day does our writer get up to pray?
4. What are we putting “IN” Jesus in verse 147?
5. How can we be “revived”?
6. O Lord, your commands are \_\_\_\_\_.
7. Gods Word will last how long?

### Psalms 150-155-“Move On! Encourage yourself if you must”!

1. What will lawless people do and where do they live?
2. Where is God in verse 151?
3. How long will Gods word last?
4. What does verse 153 say?
5. What are we asking God to do in verse 154?
6. Who doesn’t bother with Gods decrees?

### Psalms 156-160 – “Give Me Back My Life”

1. Lord, how great is your \_\_\_\_\_.
2. What are we seeking to gain by following Gods regulations in verse 156?
3. “I have not \_\_\_\_\_ from your \_\_\_\_\_ “ in verse 157.
4. How does my heart feel in verse 158?
5. “See how I \_\_\_\_\_ your \_\_\_\_\_, Lord”.
6. “The very \_\_\_\_\_ of your \_\_\_\_\_ is truth”

# “A Joyful Journey” – Lesson #7

## Psalms 145-160



### Qoph

<sup>145</sup> I pray with all my heart; **answer me**, LORD! I will obey your decrees.<sup>146</sup> I cry out to you; **rescue me**, that I may obey your laws.<sup>147</sup> I rise early, before the sun is up; I cry out for help and put my hope in your words.<sup>148</sup> I stay awake through the night, thinking about your promise.<sup>149</sup> In your faithful love, O LORD, **hear my cry**; **let me be revived by following your regulations**.<sup>150</sup> Lawless people are coming to attack me; they live far from your instructions.<sup>151</sup> But you are near, O LORD, and all your commands are true.<sup>152</sup> I have known from my earliest days that your laws will last forever.

### Resh

<sup>153</sup> Look upon my suffering and **rescue me**, for I have not forgotten your instructions.<sup>154</sup> **Argue my case; take my side!** **Protect my life** as you promised.<sup>155</sup> The wicked are far from rescue, for they do not bother with your decrees.<sup>156</sup> LORD, how great is your mercy; **let me be revived by following your regulations**.<sup>157</sup> Many persecute and trouble me, yet I **have not swerved from your laws**.<sup>158</sup> Seeing these traitors makes me sick at heart, because they care nothing for your word.<sup>159</sup> See **how I love your commandments**, LORD. **Give back my life** because of your unfailing love.<sup>160</sup> The very essence of your words is truth; **all your just regulations will stand forever**.

# “I Don't Know What to Pray”-145-149



*Jesus desires our time and praise. Receive your hug from Him today. He loves us - He doesn't love the sin we may have committed, but He loves YOU!*

145. I pray with all my heart; answer me, Lord! I will obey your decrees. 146. I cry out to you; rescue me, that I may obey your laws. 147. I rise early, before the sun is up; I cry out for help and put my hope in your words. 148. I stay awake through the night, thinking about your promise. 149. In your faithful love, O Lord, hear my cry; let me be revived by following your regulations.

*I have probably looked at these verses at least 15 times in the past two weeks, and with everything that is making demands on my life upon my initial study of this chapter, AND what I am “allowing” to distract me from studying at this season of my life, I have yet to get anything that will flow onto this paper that really speaks to me; maybe this morning I can sit still and hear what the Holy Spirit has to tell me, and then I can share it with ya'll. God will honor our efforts as we strive to study / read and pray, even when our hearts are not really into it. **PERSEVERANCE***

1. I pray with all my heart; answer me, Lord! I will obey your decrees.
2. I rise early, before the sun is up.
3. I put my hope in your words.
4. I stay awake through the night, thinking about your promise.
5. Let me be revived by following your regulations.
6. I pray with all my heart; answer me, Lord! I will obey your decrees. I don't know what kind of prayer life you have or don't have, but I will share with you the kind I have, as this verse speaks of praying from our heart and obeying His decrees/word.

The bible says to pray without ceasing, pray in all things, about all things; the Lord inhabits the praise of His people, renew our mind by the washing of the word, guard our hearts because the issues of life come from it..... I can think of several verses as we ponder this portion of our scripture. **How do we “Pray with all our hearts”?** Good question, I don't think it will be the same for everyone. For me, my normal routine/habit/commitment, is to arise early and get my tea and sit down in a small space (with at least 2 of my faithful dogs-I have 5, and all of them would barely fit in the space I try to sit still in).

Every morning I deal with my mind racing alllllll over the place!!! I am not one of those that can sit and pray out loud and have a lot of words flowing from my mouth, **it just does NOT happen; and you know what, it's ok!** I'm visual and I need lists and names and circumstances to be written down on paper. When I sit still to pray, I praise my Jesus for a little while, then I pray for my family members, then I pray for everyone that God brings to my mind. Some days I just have to make myself sit still even if I can't think of much to say and, fight the fact that I just want to take a nap! I believe since I strive to stay in the word and have a real passion for it, God has given me a thankful heart, and most of the time the gift of joy, therefore it's very easy for me to praise Him all day long.

I don't say Thank You Jesus out loud all the time, but I do it in the quietness of my heart and soul; I am thankful all throughout each and every day. Oftentimes, praise will come out of my mouth when something good happens, and I will say "Thank you Jesus"! God's word says to be thankful IN all things, not for all things, **if any verse has ever stuck in my soul, it is this one!** A good one to have stick!! It will change my attitude about everything that goes on in life, especially when it's **not** a good circumstance and I am tempted to gripe and groan; this verse will **put a stop** to that kind of an attitude, really quick! Thankful!!! See how it works, say it and we get a smile on our face and the frown and grumbling goes away.

This is a scenario of what happens to me when I hear from the Holy Spirit, it flows on the paper! When it does not flow like this, I can't "make things up", and can't muster up anything to say, so I just look at the verses and strive to read a while, pray a little and listen to some good teaching and go on my way.

**"I rise early, before the sun is up. I put my hope in your words"**. Well, you can see where I already shared that I am an early riser, and early to retire. **So, I can relate to this verse big time.** I do rise early, and I do put my hope and faith in God's Word, that is what I am doing right now as I share with you. It is my prayer, that the Holy Spirit will give you a **PASSION** for His Word and change your heart and attitude with what His Word tells you. **Obedience=Blessings.** -

**"I stay awake through the night, thinking about your promise"**. If you are like me, I stay awake many a night because I just can't sleep and my mind won't stop raising and thinking and creating and organizing and working, (Even now that I am retired in the span of over 2 years!) I can't say that I am awake thinking upon God's promises; I have not arrived to fulfill this verse in my life.

I do believe, it can make a difference in our sleep, if we an effort to go to sleep with Jesus on our mind; you may be an evening person and you can sit still and pray and read before you retire, that will more than likely make your sleep time better. I can say, that when I awake, I often find myself ready to say Thank you Jesus and He is on my mind first thing. **Let me be revived by following your regulations.**

To close todays time in the word and with you, I pray, that the Holy Spirit will revive our souls, refresh anew our spirits and fan the flame/passion within us, to be with Jesus and IN His Word and give us the strength to obey what He tells us to do. I pray to be reminded of His Words. If you don't have a Memorex memory, not to worry, your faithfulness to sit still, spend time with Jesus will be honored, He sees your heart and attitude. Revive us oh Lord, Amen! Move On!

# “Move On! Encourage Yourself if You Must”-150-155

150 Lawless people are coming to attack me; they live far from your instructions. 151 But you are near, O Lord, and all your commands are true. 152 I have known from my earliest days that your laws will last forever. 153 Look upon my suffering and rescue me, for I have not forgotten your instructions. 154 Argue my case; take my side! Protect my life as you promised. 155 The wicked are far from rescue, for they do not bother with your decrees.

In Verse 150, If you're in a bumpy season of life where you feel attacked by people or the devil, keep calling out to Jesus! Stay InTouch with Him, stay in the Word, stay in fellowship with your Christian sisters and share Jesus with others every chance you get. Jesus will protect, guide, and give you grace and strength to withstand the valleys.

In verse 151, I see that God is with me during my trials, tests, and sufferings; physically, spiritually and emotionally, He rescues and keeps me safe.

In verse 152, I did want to share what I saw here; because I was “chosen” as early as my conception in my mother's womb, God had a plan for me, and after I “chose” Him and accepted His salvation, I also received His Holy Spirit and the desire grow and learn His Word, then follow and serve Him with the gifts He has given me.

## Let's see what the Believers Bible has to say, my NLT didn't have much for footnotes:

The enemy is near. He is intent on harm for God's servant. Having rejected the authority of God's law over their lives, he will seemingly stop at nothing. But the Lord is near, and one with God is a majority, He will never forsake His own. It's a tremendous comfort to know that God's Word stands forever. Standing on the promises that cannot fail, when the howling storms of doubt and fear assail, standing on the promises of God.

The writer asks God to serve as His advocate and His life-giver. Grievous charges have been made against him; he needs a defender. He has been persecuted to the point of exhaustion; he needs a new infusion of life.

\*\*\*God does not save men against their will. He will not populate heaven with people who don't want to be there. There is no salvation for those who refuse to listen to the Word.

# Psalms 156-160 – “Give Me Back My Life”

<sup>156</sup> LORD, **how great is your mercy; let me be revived by following your regulations.**<sup>157</sup> Many persecute and trouble me, yet **I have not swerved from your laws.**<sup>158</sup> Seeing these traitors makes me sick at heart, because they care nothing for your word.<sup>159</sup> See how **I love your commandments, LORD.** Give back my life because of your unfailing love.<sup>160</sup> **The very essence of your words is truth; all your just regulations will stand forever.**

- Gods mercy is Great!
  - We are *revived* and *rescued* when following Gods regulations
- *Stand fast* when you are persecuted for your faith and walk with Jesus!
  - *Be steadfast* and don't swerve from Gods Word
- Seeing the sinful lives of others makes us sick at heart and it also grieves the Holy Spirit
  - I *love* Gods commandments
  - God gives life and unfailing love to those that *obey His Word*
    - God's Word is truth
  - **Gods word will stand forever**

It is a mark of spiritual maturity to grieve more over insults to God than to wrongs to oneself. Oh, to be thus consumed with zeal for the Lord! (BB verse 158)