



OPENING QUESTIONS

What is your favourite book? What did you love about it? Have you read it more than once?

CONTEXT

The 119th Psalm was written to show us that the Word of God is worthy of being of high priority to our lives. It stands as the giant among the Psalms as it is the longest psalm and the longest chapter in all of the Bible with 176 verses. This psalm is an acrostic or alphabetical psalm, in which there are eight couplets beginning with each of the 22 letters of Hebrew alphabet. Thus, the first eight couplets begin with aleph (the Hebrew letter A), the next eight with beth (the Hebrew letter B) and so on and so forth through the alphabet. Almost all of the couplets contain a direct reference to the Scripture in some way using a variety of words such as law, testimonies, commandments, commands, statutes, etc. This is the A to Z of God's Word. It would be easy to spend six month working your way through this psalm. Some folks have chosen to memorize the whole chapter which is amazing to think about. Today we're going to use the first 16 verses as the base of our study.

BIG IDEA

The Bible is like no other book and it's worth every minute you spend in it.

READ TOGETHER

Go around your group and read **Psalm 119:1-16** verse by verse.

DISCUSSION QUESTIONS

- 1) The word "blessed" also translates as "happy." Re-read verses 1-2 again substituting the word "happy" in place of "blessed." Based on these verses, how can we pursue happiness?
- 2) As previously mentioned, this chapter uses several different labels for the Word of God. Take the time to look through verses 1-16 to see how many you can find.
- 3) This chapter records the many positive benefits of living according to God's Word. What benefits can you find in verses 1-16?
- 4) Read verses 9-16. How does Scripture help us to deal with sin? Are you taking advantage of this?
- 5) What practical ways of getting Scripture into our lives do these verses suggest?
- 6) How would you compare your view of the Bible with that of the author of this psalm?
- 7) Over the past 30 days, what has been your practice of engaging with Scripture? What results do you experience as a result of your engagement with God's word?
- 8) What part do you think God designed for the Bible to play in your life as you seek to live out the 180 - living 180 degrees counter to our culture for 180 days?

CHALLENGE

Take some quiet time as a group to personally answer this question: **What is one way you want to make engagement with God through Scripture a part of your life this week?** Then share with the group what you've written down and one specific way in which you are committing to putting this into practice over the next week. Remember to review this next week as a group to share how God has used this in your life.

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PRACTICE

You may want to put this into practice in this way. Begin meditating on the gospel of Mark or the New Testament letter of James. Each day, find a quiet place to read through a section of Mark or James two or three times after asking God to show you what He wants to teach you that day. After you have read, answer two questions: (1) What are You saying to me O God? (2) How can I put what You are saying to me into practice in my life today?

PRAYER

In **Colossians 3:16**, Paul commands the Colossians to let the message about Christ, in all its fullness, fill their lives. The means God uses to help us to know and follow Jesus is His word and we must choose to consistently make it part of our lives. Pray for one another that you would each make this a priority this week and that God would use Scripture in your lives in ways He never has before.

NEXT STEPS

Years ago, a discipleship ministry called **The Navigators** came up with a picture of the various ways in which Scripture can become part of our lives. They call it the **Word Hand** and it goes all the way back to 1964. This is a very helpful tool to help our understanding of the various ways we can engage with the Bible during our 180 and throughout our lives. A quick review is worth your time. You can find it by Googling "**word hand navigators**".