

“THE BLESSING OF DELIGHTING IN THE WORD”
PSALM 119:1-16 (STANZAS 1-2)

Because God blesses us through His Word, let us make it our delight to walk in His Word

1. Aleph: The blessing of walking in the Word (vv. 1-8). In this first stanza, the psalmist invites us into a world of blessing by inviting us to walk in the Word. In verses 1-4, the psalmist unpacks the great truths that the rest of the psalm is built upon. Beginning in verse 4, the psalmist moves from teaching the Word to praying to God about God’s Word. Apart from verse 115, the psalmist stays in prayer and, therefore, reminds us that we are not merely to study this psalm but to pray our way through it. In verses 5-8, the psalmist moves from the truths of the Word to his desire to commit all his ways to God’s Word. We see that he desires to keep the Word (vv. 5 and 8), gaze upon the Word (v. 6), and study the Word (v. 7).

2. Beth: The practices of internalizing the Word (vv. 9-16). In this second stanza, we see the psalmist put his desire to walk in the Word into joyful practice. In verses 9-12, the psalmist stores up God’s Word in his heart so that he can walk in the way of wisdom. To store up the Word in our hearts is not merely to memorize Scripture for information but to internalize it for spiritual formation. In verses 13-16, the Word moves from being stored to being spoken. The psalmist cannot help but share the Word because of his delight in the Word (v. 14 and v. 16).

APPLYING THE WORD

Blessing is found by walking in the way of the Word (vv. 1-4)

- In contrast to the world, how does the psalmist describe the blessed life (vv. 1-2)?
- Like the psalmist, why is it critical for us to both study this psalm and pray through it (vv. 3-4)?

Longing for God’s help is the key to walking in the Word (vv. 5-8)

- Like the psalmist, how does God’s faithfulness drive you to grow in God’s Word (vv. 5-8)?

The Word in our heart keeps us in the way of wisdom (vv. 9-12)

- Why must gospel habits and biblical information be partnered together to grow in wisdom (vv. 9-11)?

The Word on our lips reveals our delight in the Word (vv. 13-16)

- As you study the Word, what opportunities has God given you to share His Word (v. 13)?
- What steps can you take to meditate on and delight in God’s Word this week (vv. 14-16)?

WALKING IN THE WORD THIS WEEK

1. Aleph (vv. 1-8)

Prayer	Lord, help me to not only know your Word but to walk in your Word (Jam. 1:22).
Practice	Write and reflect on how God’s Word has blessed your heart and life?

2. Beth (vv. 9-16)

Prayer	Lord, help me to not only study your Word but to store up your Word (Col. 3:16).
Practice	Take time to read Psalm 119:1-16 aloud each day this week and record insights.
