

Lesson 10

The Inner Life: Part 1(Psalms 119:1-80)

1. Psalm 119 stands out as the longest psalm in the book of Psalms. What do you think made this particular psalm so important to the canon? How do the themes in this psalm line up with the themes in the other psalms you've studied so far? Do you agree that it doesn't matter who wrote the psalm? Why or why not?
2. Choose one verse or phrase from Psalm 119:1–80 that stands out to you. This could be something you're intrigued by, something that makes you uncomfortable, something that puzzles you, something that resonates with you, or just something you want to examine further. Write that here.
3. Go through Psalm 119:1–80 and circle verses that suggest practical use of God's Word. In what ways is God's Word like food? What are some practical ways to stay fed by God's Word?
4. As you read Psalm 119:1–8, what do you discover about receiving God's blessing? What are the prerequisites for receiving it? What is it about God's blessing that makes it something to covet?
5. How do we cultivate a heart for God (see Col. 3:1)? In Psalm 119:9, the psalmist asks, "How can a young man keep his way pure?" How does the answer to this question give us clues into what it takes to cultivate a heart for God? What are some practical ways to accomplish the "I" phrases in Psalm 119:9–16?
6. Psalm 119:19 says, "I am a stranger on earth; do not hide your commands from me." What do you think the psalmist meant by "stranger"? The psalmist

goes on to say that his “soul is consumed with longing for your laws at all times.” In light of the new covenant, how might this be rewritten for Christians today?

7. Read 2 Timothy 4:6–8 and John 17:4. How do these verses show us that both Paul and Jesus “ended well”? What does Psalm 119:33 suggest about one of the keys to ending well? What additional guidance for ending well does the rest of that section (vv. 34–40) offer?
8. Why is “remembering” such an important aspect of the Israelites’ faith? What are some of the things the psalmist chooses to remember in Psalm 119:49–56? What are some of the things today’s church needs to remember? What are some of the things we should forget (see Phil. 3:12–14)?
9. What led the Israelites to turn to idols instead of God? What are some of the things today’s believers turn to rather than God? How does Psalm 119:57–64 speak to this issue of turning to God in all circumstances? What does it mean today for Christians to turn their steps to God’s statutes (v. 59)?
10. What are the ministries of God’s Word described in Psalm 119:73–80? Why is each of these important to believers? What does it look like in practical terms to be blameless toward God’s decrees (v. 80)?
11. Describe your regular interaction with God’s Word. How successful are you at daily study? How might you improve your study of God’s Word? Consider time of day, length of study time, additional resources, etc.
12. When have you enjoyed God’s blessing? What were the circumstances that led to that sense of being blessed? What role did your understanding of God’s Word play in that situation?
13. How are you cultivating a heart for God? What are the specific things you’re doing in your study, worship, and interaction with other believers? If there are areas in your life that make it difficult to cultivate a heart for God, think of ways you can eliminate those things.

14. Think of one or two things that you have learned that you'd like to work on in the coming week. Remember that this is all about quality, not quantity. It's better to work on one specific area of life and do it well than to work on many and do poorly (or to be so overwhelmed that you simply don't try). **Do you need to learn how to be a better student of God's Word? Be specific. Go back through Psalm 119:1–80 and put a star next to the phrase or verse that is most encouraging to you. Consider memorizing this verse.**
15. Write a prayer below (or simply pray one in silence), inviting God to work on your mind and heart in those areas you've previously noted. Be honest about your desires and fears.