

HOW CAN YOU KEEP YOUR WAY PURE?

Psalm 119:1-16

Aleph

- ¹Blessed are those whose way is blameless,
who walk in the law of the Lord!
- ²Blessed are those who keep his testimonies,
who seek him with their whole heart,
- ³who also do no wrong,
but walk in his ways!
- ⁴You have commanded your precepts
to be kept diligently.
- ⁵Oh that my ways may be steadfast
in keeping your statutes!
- ⁶Then I shall not be put to shame,
having my eyes fixed on all your commandments.
- ⁷I will praise you with an upright heart,
when I learn your righteous rules.
- ⁸I will keep your statutes;
do not utterly forsake me!

Beth

- ⁹How can a young man keep his way pure?
By guarding it according to your word.
- ¹⁰With my whole heart I seek you;
let me not wander from your commandments!
- ¹¹I have stored up your word in my heart,
that I might not sin against you.
- ¹²Blessed are you, O Lord;
teach me your statutes!
- ¹³With my lips I declare
all the rules of your mouth.
- ¹⁴In the way of your testimonies I delight
as much as in all riches.
- ¹⁵I will meditate on your precepts
and fix my eyes on your ways.

¹⁶I will delight in your statutes;
I will not forget your word.

WELCOME: *Fixing Our Focus*

Share with the group the things which help you avoid sin and stay in tune with God's will. Encourage each other by thinking of ways you could support one another in your walk with God.

WORSHIP: *Adoring Our God*

Suggested songs:

Thy Word by Amy Grant and Michael W. Smith

Firm Foundation (Don Moen) by Nancy Gordon and Jamie Harvill

WORD: *Understanding the Word*

Lesson Aim: Members will desire to study and obey the God's Word.

Introduction

Have you experienced buying a gadget, and when you try to operate it you can't figure out how to make it work properly until you're finally forced to open the instruction or operation manual?

It's always best to read through the instruction or operation manual before using a complicated device. That way, you'd know how to properly use it. Worst case scenario is that you end up damaging your device because you didn't read the manual first!

God's Word is the manual for the Christian life. If we are to live lives that are pleasing to God, we need to go through the Bible to know how to live that life.

Leader: Lead in reading Psalm 119:1-16 aloud together. Then read the paragraph on the "Key Verse."

Key Verse: This portion of Psalm 119 talks about how God's Word or the Bible is our guide to living in tune with God. The key verse is found in the middle of the passage in verse 9, "How can a young man keep his way pure? By guarding it according to your word."

Psalm 119:1-8. Theme: _____

Underline the phrases which describe those who are blessed.

1. Underline the phrases in verses 1-3 which describe those who are blessed. What do these descriptions have in common? How do they relate to God's Word?
2. Draw a circle around the words synonymous to God's Word. What did God command people to do with his Word (v. 4)?
3. What attitude did the psalmist have regarding God's Word (vv. 5,7,8)?
4. According to the psalmist, what are the results of following God's command (vv. 6-8)?

In the space above, write what you think is the theme of verses 1-8.

Psalm 119:9-16. Theme: _____

Underline the verbs connected to God's Word (or its synonyms).

5. Place a box around verse 9. What do you think the psalmist meant by guarding his way according to God's Word?
6. In verse 10, the psalmist declared that he sought the Lord with his whole heart. How did he show this (vv. 10-13)?

7. In verses 14-16, in what ways did the psalmist show his delight for God's Word?

In the space above, write what you think is the theme of verses 9-16

WALK: *Applying the Word*

Questions for Adults

1. How are you doing in your time with God?
2. What is your attitude toward God's Word?
3. How do you think memorizing Bible verses can help you in your Christian walk? As a group, make a commitment to memorize a verse each week.
4. Individually and as a group, pray back this psalm to God. You could start by saying something like:

Father, I seek you with my whole being. I wish to walk in accordance to your ways. Teach me as I read and study your Word...

5. Pray for GCF (Prayer requests supplied by the Leader).

Questions for the Youth

1. What do you spend most of your day (and night) doing? Rank the top three things that take up most of your time. What is it about these things that make you spend a lot of time in them?
2. How do you think will spending time meditating in God's Word be beneficial to you? Will it help you with your studies, dealing with family and friends? How can God's Word become relevant in your life?
3. What changes do you need to do, either in attitude or in behavior, so that you'll spend more time meditating upon God's Word? What are distractions that can keep you from doing so and how can you avoid them?

Questions for Children

1. The psalmist declared that those who obey God are blessed. What are some blessings you have experienced in obeying the Bible?

2. Before we can obey the Bible, we need to know what the Bible says. Do you spend time each day reading the Bible? How can you start this habit?
3. Memorizing verses can help us in obeying the Bible. Try memorizing Psalm 119:11: “I have stored up your word in my heart, that I might not sin against you.”