

CAN MY SUFFERING BE A BLESSING?

Psalm 119:65-80

Teth

- ⁶⁵You have dealt well with your servant,
O Lord, according to your word.
- ⁶⁶Teach me good judgment and knowledge,
for I believe in your commandments.
- ⁶⁷Before I was afflicted I went astray,
but now I keep your word.
- ⁶⁸You are good and do good;
teach me your statutes.
- ⁶⁹The insolent smear me with lies,
but with my whole heart I keep your precepts;
- ⁷⁰their heart is unfeeling like fat,
but I delight in your law.
- ⁷¹It is good for me that I was afflicted,
that I might learn your statutes.
- ⁷²The law of your mouth is better to me
than thousands of gold and silver pieces.

Yodh

- ⁷³Your hands have made and fashioned me;
give me understanding that I may learn your commandments.
- ⁷⁴Those who fear you shall see me and rejoice,
because I have hoped in your word.
- ⁷⁵I know, O Lord, that your rules are righteous,
and that in faithfulness you have afflicted me.
- ⁷⁶Let your steadfast love comfort me
according to your promise to your servant.
- ⁷⁷Let your mercy come to me, that I may live;
for your law is my delight.
- ⁷⁸Let the insolent be put to shame,
because they have wronged me with falsehood;
as for me, I will meditate on your precepts.

⁷⁹Let those who fear you turn to me,
that they may know your testimonies.
⁸⁰May my heart be blameless in your statutes,
that I may not be put to shame!

WELCOME: *Fixing Our Focus*

Share with the group how God had blessed you through a certain trial or suffering in your life. Explain how God had allowed you to change your viewpoint from seeing your experience as a trial or suffering to a blessing.

WORSHIP: *Adoring Our God*

Suggested songs:

Standing on the Promises by Russell Kelso Carter
This I Believe by Matt Crocker and Ben Fielding (Hillsong Worship)
Speak, O Lord by Keith Getty and Stuart Townend

WORD: *Understanding the Word*

Lesson Aim: Members will realize that God sometimes uses suffering to bring us closer to him.

Introduction

A good coach or trainer knows that in any sport, proper basic movement is very important. That is why when they do their training, a lot of time is spent doing drills. These consume a lot of time and is very exhausting. But it is through this that their team or trainee learns to move properly, and they can do it naturally without thinking about it because it had become muscle memory.

In the same way, God sometimes allows his children to go through periods of training, which may seem difficult at the moment, but will ultimately end in their own good. It is one of God's ways to make sure his children live their lives in tune with his will.

Leader: Lead in reading Psalm 119:65-80 aloud together. Then read the paragraph on the "Key Verse."

Key Verse: The psalmist saw that God had a purpose behind his affliction, so he declared in verse 71, "It is good for me that I was afflicted, that I might learn your statutes."

Underline the word "afflicted" and encircle the result brought about by the affliction.

Psalm 119:65-72. Theme: _____

1. According to the psalmist, what did he receive and asked to receive from God (*vv. 65-66*)?
2. In verse 67, the psalmist confessed that he went astray. What did God do to him so that he stopped straying? How did the psalmist describe God and what he does (*v. 68*)?
3. The psalmist mentioned that he was afflicted by the insolent. How did he react to his affliction (*vv. 69-71*)?
4. How did the psalmist describe God's Word (*v. 72*)?

In the space above, write what you think is the theme of verses 65-72.

Psalm 119:73-80. Theme: _____

5. What connection can you make between God being our creator and us obeying his commandments (*vv. 73-74*)?
6. In verses 75-77, the psalmist once again talked about his affliction. In the midst of his affliction, what attributes of God could he see? What was the purpose of God's affliction upon his life?

7. What contrast did the psalmist paint between the insolent and those who fear God (*vv. 78-80*)?

In the space above, write what you think is the theme of verses 73-80.

WALK: *Applying the Word*

Questions for Adults

1. How have you benefited from God's Word in your life? Could you declare just as the psalmist did that you receive well-being, good judgment, and knowledge from God?
2. Have you experienced how God used suffering to bring you closer to him? Share your experience with the group.
3. In times of difficulties, it's easy to be blinded to God's goodness and see only the circumstances that surround us or the situation we are in. Look back to your most recent difficult experience and share with the group how God remained faithful and loving through that episode in your life.
4. Individually and as a group, pray back this psalm to God. You could start by saying something like:

Father, I thank you for allowing suffering into my life so that I could grow closer to you...

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

Questions for the Youth

1. What are the things or who are the people who influence you the most? What makes these things or people have that much sway in your life?
2. Do you believe that God gives wisdom and knowledge through his Word? If so, how can God and his Word become a major influence in your life?
3. When was the last time when you felt that you desperately needed God's wisdom and guidance? How did you think God used your circumstances to make you seek him and his Word?
4. Share with the group the last time when you experienced God's love and faithfulness despite trying circumstances. Praise and thank God together as a group afterwards.

Questions for Children

1. When we misbehave, our parents discipline us so that we will not repeat what we have done wrong. How is God similar to our parents in this matter? How is God different compared to our parents?
2. Have you experienced a time when God disciplined you for sinning against him? How did his discipline affect you?
3. God disciplines us because he loves us. He does not do it just because he wants to punish us or simply because he was angry. What difference does it make when discipline is done out of love compared to when it is done out of anger?