

# BUILD YOUR LIFE ON GOD'S FOUNDATION

*Psalm 119:89-96*

*Lamedh*

- <sup>89</sup>Forever, O Lord, your word  
is firmly fixed in the heavens.
- <sup>90</sup>Your faithfulness endures to all generations;  
you have established the earth, and it stands fast.
- <sup>91</sup>By your appointment they stand this day,  
for all things are your servants.
- <sup>92</sup>If your law had not been my delight,  
I would have perished in my affliction.
- <sup>93</sup>I will never forget your precepts,  
for by them you have given me life.
- <sup>94</sup>I am yours; save me,  
for I have sought your precepts.
- <sup>95</sup>The wicked lie in wait to destroy me,  
but I consider your testimonies.
- <sup>96</sup>I have seen a limit to all perfection,  
but your commandment is exceedingly broad.

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**WELCOME:** *Fixing Our Focus*

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Share with the group your favorite portion of scripture and why you find it meaningful for you.

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**WORSHIP:** *Adoring Our God*

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Suggested songs:

*Forever, O Lord* by David Morris

*How Firm a Foundation* by Robert Keen

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**WORD:** *Understanding the Word*

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*Lesson Aim:* Members will live by God's Words because it preserves, protects, gives life, and lasts forever.

**Introduction**

It is very important for babies to get proper nourishment and protection. Their development in the first few years will greatly affect the rest of their lives. That is why parents make sure that their babies receive their vaccination on time, that their babies are well fed, and that they are showered with love and care.

Physical health is important, but so is intellectual, emotional, and spiritual health. What are we doing to nourish and protect our spiritual health? This portion of Psalm 119 has the answer.

*Leader:* Lead in reading Psalm 119:89-96 aloud together. Then read the paragraph on the "Key Verse."

*Key Verse:* The key verse in this passage is found at the end where the psalmist declared, "I have seen a limit to all perfection, but your commandment is exceedingly broad." Everything has limits, but God's Words has no bounds!

**Psalm 119:89-96. Theme:** \_\_\_\_\_

1. In verses 89 and 90, what aspects of God are revealed by the psalmist to remain forever? What does this say about the character of God?
2. According to verses 90 and 91, was God active only during the creation of the universe? How is he still involved in all things he has created?
3. According to the psalmist, what effects did obeying God's commands have on his life (*vv. 92-93*)?

4. How did the psalmist respond to those who are seeking to end his life? Why does he anticipate that God will save him (*vv. 94-95*)?

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**I have seen a limit  
to all perfection,  
but your command  
is without limit.  
—Psalm 119:96 CSB**

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5. How does the psalmist contrast God's Word with the rest of creation (*v. 96*)?

*In the space above, write what you think is the theme of verses 89-96.*

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### **WALK: Applying the Word**

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#### **Questions for Adults**

1. What effect does it have on you knowing that you're still alive because God continues to keep you alive? How does this change the way you view life?
2. Do you see any benefits in obeying God's Words in your life? If so, what are they?
3. How does obeying God's Words protect and save you? How do you think will obeying God's Words help you deal with people who seek to harm you?
4. Seeing the benefits of obeying God's Words, commit to intentionally spend time reading and studying the Bible daily so that you'd know more of God's Words and how to obey them.
5. Individually and as a group, pray back this psalm to God. You could start by saying something like:  

*Father, your Word gives life; it protects; it saves. Teach me to treasure your Word and to live by them...*
6. Pray for GCF (Prayer requests supplied by the Leader).

#### **Questions for the Youth**

1. Society largely believes in the theories of the big bang and evolution. How does this fit in with what the Bible says about how the universe and life came to be? What do you believe to be the truth?

2. Do you think that the Bible is still relevant to life today? If so, how would it be relevant to the issues facing us today, such as global warming, social media, mental health, etc.?
3. If God's Word is still relevant in everyday life, how much time do you think should you spend in reading and studying it? Commit to set aside a certain portion of time each day in engaging the Bible.

### **Questions for Children**

1. How does it make you feel knowing that everything – the sun, moon, stars, the earth, our homes, our parents, even ourselves – continues to exist because God keeps them existing? What does this say about God's power and control over all creation?
2. The psalmist said that God's Word gives life and protects. Do you agree? How can God's Word protect and give life?
3. How much time do you spend reading the Bible each day? Commit to read the Bible, at least one paragraph a day, so that you'll know more about God's Word, which protects and gives life. You can start with the gospel of John.