### MEDITATING ON THE WORD

A Month of Readings and Reflection Through Psalm 119

Tatthew is called.

Anno MINI 31. . 139, 2, 12, 25, rk 12, 15, ke 5, 22, . 8, . 47, 1, 17,

2. 15,

said within blaspheme 4And Jesu said, Wher hearts?
5 For whe sins be for Arise, and view of 8 But the the Son of earth to for he to the sitake up thy house.

house.
7 And he aros house.

7 And he aros house.

8 But when the it, they marvelle.
God, which had give unto men.

9 \(^cAnd\) as Jesus pass.
from thence, he saw a man, na...
Matthew, sitting at the receipt of custom: and he saith unto him.
Follow me. And he arose, and followed him.

10 \(^cAnd\) it came to pass, as Jesus sat at meat in the house, behold, many publicans and sinners came and sat down with him and his disciples.

11 And when the Pharisees saw it, they said unto his disciples, Why eateth your Master with \(^cap \) publicans and \(^cA \) sinners?

12 But when Jesus heard \(^cA \), he said unto them, They that be whole need not a physician, but they that are sick.

13 But go ye and learn what that the

said time them, they, but they that are sick.

13 But so ye and learn what that meaneth, iI will have mercy, and not sacrifice: for I am not come to call the righteous, k but sinners to repentance.

14 ¶ Then came to him the disciples of John, saying, l Why do we and the Pharises fast oft, but thy disciples fast not?

15 And Jesus said unto them, Can the children of the brideehamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and "then shall they fast.

16 No man putteth a piece of ment, for that which is put in to fill it up taketh from the garment, and the rent is made worse.

17 Neither do men put new wine

garment, and the rent is made worse.

17 Neither do men put new wine into old bottles: else the bottles break, and the wine runneth out, and the bottles perish: but they put new wine into new bottles, and both are preserved.

18 ¶ oWhile he spake these things unto them, behold, there came a certain ruler, and worshipped him, saying, My daughter is even now dead: but come and lay thy hand upon her, and she shall live.

19 And Jesus arose, and followed him, and so did his disciples.

the people were went in, and took and, and the maid

he.

the people were went in, and took and, and the maid aro.

26 he fame hereof went abroad, all that land.

27 d when Jesus departed thence, wo blind men followed him, crying, and saying, "Thou son of David, have mercy on us.

28 And when he was come into them, Believe ye that I am able to do this? They said unto him, Yea, Lord.

29 Then touched he their eyes, saying, According to your faith be it unto you.

30 And their eyes were opened; and Jesus straitly charged them, saying, "See that no man know it.

31 // But they, when they were departed, spread abroad his fame in all that country.

32 T 2As they went out, behold, they brought to him a dumb man possessed with a devil.

33 And when the devil was cast out, the dumb spake: and the multitudes maryelled, saying, It was never so seen in Israel.

34 But the Pharisees said, "He casteth out devils through the prince of the devils.

35 b And Jesus went about all the cities and villages, "teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.

36 d But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, "as sheep having no shepherd.

37 Then saith he unto his disciples, The harvest truly is plenteous, but the labourers are few; 38 y Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.

2 Or, this fame, & ch. 15. 22. & 20. 30, 31. Mark 10. 47, 48. Luke 18. 38, 39.

Acts 8. 18, 20

ltc. 1 Tim. 5. 18.

i Is. 53. 6. Jer. 50. 6, 17. Ezek. 34. 5, 6, 16. 1 Pet. 2. 25.

y Mark 7. 36.

z See ch. 12. Luke 11. 14.

1 Tim. 5. 18.

p Luke 10. 8.

q Luke 10. 5.

r Ps. 35. 13.

Mark 6. 11.

Luke 9. 5.

& 10. 10, 11.

f Neh. 5. 13.

Acts 13. 51.

& 18. 6.

uch. 11. 22, b Mark 6. 6. Luke 13. 22. z Luke 10. 3. ch. 4. 23. Rom. 16. 19. Eph. 5. 15.

Eph. 5. 15. 1 Cor. 14. 20. Phil. 2. 15. 5 Or, simple. a ch. 24. 9. Mark 13. 9. Luke 12. 11. & 21. 12. d Mark 6. 34.

3 Or, were tired and lay down. e Num. 27.17. 1 Kin. 22.17. Ezek. 34.5. Zech. 10.2. & 21, 12.

b Acts 5, 40.

c Acts 12, 1.

& 24, 10.

& 25, 7, 23.

2 Tim. 4, 16.

d Mark 13, 11,

12, 13,!

Luke 12, 11.

& 21, 14, 15. f Luke 10. 2. John 4. 35.

døus;

4 'simon the Canaanite, and Judas d Iscariot, who also betrayed him.

5 These twelve Jesus sent forth, and commanded them, saying, 'Go not into the way of the Gentiles, and into any city of fthe Samaritans enter ye not:

6 'But go rather to the hlost sheep of the house of Israel.

7 'And as ye go, preach, saying, 'Ethe kingdom of heaven is at hand.

8 Heal the sick, cleanse the lepers, raise the dead, cast out devils: 'freely ye have received, freely give.

9 ''n³ Provide neither gold, nor silver, nor ''n brass in your purses, 10 Nor scrip for your journey, neither two coats, neither shoes, nor yet 'staves: '' for the workman is worthy of his meat.

Il ''And into whatsoever city or town ye shall enter, enquire who in it is worthy; and there abide till ye go thence.

12 And when ye come into an house.

town ye shall enter, enquire who in it is worthy; and there abide till ye go thence.

12 And when ye come into an house, salute it.

13 'And if the house be worthy, let your peace come upon it: 'but if it be not worthy, let your peace return to you.

14 'And whosever shall not receive you, nor hear your words, when ye depart out of that house or city, 'shake off the dust of your feet.

15 Verily I say unto you, "It shall be more tolerable for the land of Sodom and Gomorrha in the day of judgment, than for that city.

16 'F Behold, I send you forth as sheep in the midst of wolves: 'b' be ye therefore wise as serpents, and 'sharmless as doves.

17 But beware of men: for 'a they will deliver you up to the councils, and b'they will scourge you in their synagogues:

18 And 'ye shall be brought before governors and kings for my sake, for a testimony against them and the Gentiles.

19 d But when they deliver you up, take no thought how or what ye shall

above his

25 It is enough for the disciple that he be as his master, and the servant as his lord. If "they have called the master of the house "Beelzebub, how much more shall they call them of his household?"

26 Fear them not therefore: "ofor there is nothing covered, that shall not be revealed; and hid, that shall not be known.

27 What I tell you in darkness, that speak ye in light: and what ye hear in the ear, that preach ye upon the housetops.

in the ear, the pecual housetops.

28 P And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body

in hell.

29 Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your

not fall on the ground without your Father.
30 <sup>q</sup> But the very hairs of your head are all numbered.
31 Fear ye not therefore, ye are of more value than many sparrows.
32 <sup>r</sup> Whosoever therefore shall confess me before men, <sup>s</sup>him will I confess also before my Father which is in beare

is in heaven.

33 t But whosoever shall deny me
before men, him will I also deny
before my Father which is in hea-

ven.
34 "Think not that I am come to send peace on earth: I came not to send peace, but a sword.
35 For I am come to set a man at variance "against his father, and the daughter against her mother, and the daughter in law against her mother in law.

and the daughter in law against her mother in law.

36 And ½ a man's foes shall be they of his own household.

37 ²He that loveth father or mother more than me is not worthy of me: and he that loveth son or daughter more than me is not worthy of me.

38 ⁴And he that taketh not his cross, and followeth after me, is not worthy of me.

tles. INI

. 4. 17.

35, 36. 7. 6. e 21, 16. uke 21. 17. Jan. 12. 12,

Mark 13. 1. k ch. 2. 13. & 4. 12. & 12. 15. Acts 8. 1. & 9. 25. & 14. 6. & 14. 6.
2 Or, end,
or, finish.
l ch. 16. 28.
m Luke 6. 40.
John 13. 16.
& 15. 20.
sech. 12. 24.
Mark 3. 22.
Luke 11. 15.
John 8. 48,
52.

Mark 4. 22 Luke 8. 17. & 12. 2, 3.

p Is. 8. 12, 13. Luke 12. 4. 1 Pet. 3, 14.

4 It is in value half-

penny: See on ch. 18. 28. q 1 Sam. 14. 2 Sam. 14.11. Luke 21. 18. Acts 27. 34. Luke 12. 8. Rom. 10. 9,

10. s Rev. 3. 5. s Hev. 3. 5. † Mark 8. 38. Luke 9. 26. 2 Tim. 2. 12. u Luke 12. 49. 51, 52. 53. x Mic. 7. 6. y Ps. 41. 9. & 55. 13. Mic. 7. 6. John 13. 18.

s Luke 14. 26.

#### **Before You Begin:**

We often feel that reading the Bible is such an ominous task. Some see it as too hard or too difficult. God gave His word to communicate with us, not to frustrate us. He wants us to read and apply the Word to our lives. The reality is that it is an incredible opportunity – an opportunity to hear consistetly from God. Make a decision today to expose yourself daily to the Word by reading and seeking His guidance. Join us in making a priority of "Meditating Upon the Word" as we embrace 2026! This month we will be reading through Psalm 119 – an entire Psalm dedicated to the Word of God!

### **Tips for Your Reading:**

- 1. <u>Begin with Prayer.</u> Ask God to give you wisdom and insight into the reading. Also, ask God to help you to be ready to hear from Him. Rejoice in His Word!
- 2. Read the Psalm. This Psalm is a prayer written in the form of poetry. After you read it, try to summarize what is said what does this mean. You can underline and mark those words, phrases, and sentences which stand out to you as you read in order to see the emphases.
- 3. <u>Pray the Psalm.</u> After reading, use a verse or two from the assigned section as your prayer back to God.
- 4. Respond to the Psalm. Ask God what He desires for you to do His Word always calls for action worship, confession, encouragement, etc. Apply what you read.

  \*Note that this guide is utilizing the CSB translation.

### January Bible Reading Tracker

January 1 January 16 January 2 January 19 January 5 January 20 January 6 January 21 January 22 January 7 **January 8** January 23 January 9 January 26 January 12 January 27 January 13 January 28 January 14 January 29 January 15 January 30

# January 1st

### The Blessing of Purity

Seeking God with the whole heart and walking in a blameless way.

### Psalm 119:1-8

How happy are those whose way is blameless, who walk according to the Lord's instruction! 2 Happy are those who keep his decrees and seek him with all their heart. 3 They do nothing wrong; they walk in his ways. 4 You have commanded that your precepts be diligently kept. 5 If only my ways were committed to keeping your statutes! 6 Then I would not be ashamed when I think about all your commands. 7 I will praise you with an upright heart when I learn your righteous judgments. 8 I will keep your statutes; never abandon me.

### Reflect

The psalmist desires to seek God with his "whole heart." Where does your heart feel currently divided or distracted? What is one practical way you can seek God wholeheartedly today?

# January 2<sup>nd</sup>

### The Cleansing

Hiding God's word in the heart to keep one's way pure.

### Psalm 119:9-16

9 How can a young man keep his way pure? By keeping your word. 10 I have sought you with all my heart; don't let me wander from your commands. 11 I have treasured your word in my heart so that I may not sin against you. 12 Lord, may you be blessed; teach me your statutes. 13 With my lips I proclaim all the judgments from your mouth. 14 I rejoice in the way revealed by your decrees as much as in all riches. 15 I will meditate on your precepts and think about your ways. 16 I will delight in your statutes; I will not forget your word.

### Reflect

Verse 9 asks, "How can a young man keep his way pure?"
Identify one specific habit or thought pattern that needs to be
cleansed or corrected by hiding the Word in your heart today.

# January 3<sup>rd</sup>

Pray and reflect on what the Lord has taught you this week.

# January 4<sup>th</sup> Sermon Notes

Title:	
Passage:	Preacher:

# January 5<sup>th</sup>

### A Plea for Illumination

Asking God to open eyes to the wonders of His word amidst scorn.

#### Psalm 119:17-24

17 Deal generously with your servant so that I might live; then I will keep your word. 18 Open my eyes so that I may contemplate wondrous things from your instruction. 19 I am a resident alien on earth; do not hide your commands from me. 20 I am continually overcome with longing for your judgments. 21 You rebuke the arrogant, the ones under a curse, who wander from your commands. 22 Take insult and contempt away from me, for I have kept your decrees. 23 Though princes sit together speaking against me, your servant will think about your statutes; 24 your decrees are my delight and my counselors.

### Reflect

The psalmist prays for eyes to see the "wondrous things" in the word. What is one specific command or promise in the word that God is using to encourage you?

### January 6<sup>th</sup>

### Revival from the Dust

Praying for renewal and restoration.

### Psalm 119:25-32

25 My life is down in the dust; give me life through your word.
26 I told you about my life, and you answered me; teach me your statutes. 27 Help me understand the meaning of your precepts so that I can meditate on your wonders. 28 I am weary from grief; strengthen me through your word. 29 Keep me from the way of deceit and graciously give me your instruction. 30 I have chosen the way of truth; I have set your ordinances before me. 31 I cling to your decrees; Lord, do not put me to shame. 32 I pursue the way of your commands, for you broaden my understanding.

### Reflect

Think of a time when God encouraged you with His word, a promise, or a story.

## January 7<sup>th</sup>

### The Path of Instruction

Asking for a heart that alignts with God's testimonies, not selfish gain.

### Psalm 119:33-40

33 Teach me, Lord, the meaning of your statutes, and I will always keep them. 34 Help me understand your instruction, and I will obey it and follow it with all my heart. 35 Help me stay on the path of your commands, for I take pleasure in it. 36 Turn my heart to your decrees and not to dishonest profit. 37 Turn my eyes from looking at what is worthless; give me life in your ways. 38 Confirm what you said to your servant, for it produces reverence for you. 39 Turn away the disgrace I dread; indeed, your judgments are good. 40 How I long for your precepts! Give me life through your righteousness.

### Reflect

What is the gain or reward (v. 36) you often seek instead of inclining your heart to God's testimonies? What specific sin do you need to ask God to turn your eyes away from?

# January 8<sup>th</sup>

### Confidence

Praying for realization of God's goodness with a determination to live for Him.

### Psalm 119:41-48

41 Let your faithful love come to me, Lord, your salvation, as you promised. 42 Then I can answer the one who taunts me, for I trust in your word. 43 Never take the word of truth from my mouth, for I hope in your judgments. 44 I will always obey your instruction, forever and ever. 45 I will walk freely in an open place because I study your precepts. 46 I will speak of your decrees before kings and not be ashamed. 47 I delight in your commands, which I love. 48 I will lift up my hands to your commands, which I love, and will meditate on your statutes.

### Reflect

Think of God's wondrous love for us and then ask God to help verses 44-48 to be your response. Which of the statements in verses 44-48 is the greatest challenge for you?

# January 9<sup>th</sup>

### **Comfort in Promises**

Remembering God's word as a source of hope and song in the house of sojourning.

### Psalm 119:49-56

49 Remember your word to your servant; you have given me hope through it. 50 This is my comfort in my affliction: Your promise has given me life. 51 The arrogant constantly ridicule me, but I do not turn away from your instruction. 52 Lord, I remember your judgments from long ago and find comfort. 53 Fury seizes me because of the wicked who reject your instruction. 54 Your statutes are the theme of my song during my earthly life. 55 Lord, I remember your name in the night, and I obey your instruction. 56 This is my practice: I obey your precepts.

### Reflect

Recall a recent affliction or disappointment. How specifically can one of God's promises in this section bring you "comfort" or "hope"? How can you make His statutes your "songs" (v. 54)?

# January 10<sup>th</sup>

Pray and reflect on what the Lord has taught you this week.

# January 11<sup>th</sup> Sermon Notes

Title:	
Passage:	Preacher:

# January 12<sup>th</sup>

### **Vows and Supplication**

Declaring commitment to the Lord as one's portion and seeking His favor.

### Psalm 119:57-64

57 The Lord is my portion; I have promised to keep your words. 58 I have sought your favor with all my heart; be gracious to me according to your promise. 59 I thought about my ways and turned my steps back to your decrees. 60 I hurried, not hesitating to keep your commands. 61 Though the ropes of the wicked were wrapped around me, I did not forget your instruction. 62 I rise at midnight to thank you for your righteous judgments. 63 I am a friend to all who fear you, to those who keep your precepts. 64 Lord, the earth is filled with your faithful love; teach me your statutes.

### Reflect

Rejoice in God's faithfulness and commit yourself to His word and to Him. What is one way you can show your commitment to His word and to Him today?

# January 13<sup>th</sup>

### **Learning Through Affliction**

Recognizing that suffering was a good discipline that taught the statutes.

### Psalm 119:65-72

65 Lord, you have treated your servant well, just as you promised. 66 Teach me good judgment and discernment, for I rely on your commands. 67 Before I was afflicted I went astray, but now I keep your word. 68 You are good, and you do what is good; teach me your statutes. 69 The arrogant have smeared me with lies, but I obey your precepts with all my heart. 70 Their hearts are hard and insensitive, but I delight in your instruction. 71 It was good for me to be afflicted so that I could learn your statutes. 72 Instruction from your lips is better for me than thousands of gold and silver pieces.

### Reflect

Can you honestly say that a past difficult experience was "good" because it taught you God's statutes (v. 71)? What is the most valuable spiritual lesson you've learned from hardship?

# January 14<sup>th</sup>

#### Creator and Sustainer

Acknowledging God as Creator and asking for understanding.

#### Psalm 119:73-80

73 Your hands made me and formed me; give me understanding so that I can learn your commands. 74 Those who fear you will see me and rejoice, for I put my hope in your word. 75 I know, Lord, that your judgments are just and that you have afflicted me fairly. 76 May your faithful love comfort me as you promised your servant. 77 May your compassion come to me so that I may live, for your instruction is my delight. 78 Let the arrogant be put to shame for slandering me with lies; I will meditate on your precepts. 79 Let those who fear you, those who know your decrees, turn to me. 80 May my heart be blameless regarding your statutes so that I will not be put to shame.

### Reflect

Since God "made and fashioned" you, how should you approach His word and your own desire for understanding differently? What specific request for instruction should you bring to Him?

## January 15<sup>th</sup>

### Sustained by the Word

Longing for salvation, feeling faint, yet not forgetting the Lord's statutes.

### Psalm 119:81-88

81 I long for your salvation; I put my hope in your word.
82 My eyes grow weary looking for what you have promised; I ask, "When will you comfort me?" 83 Though I have become like a wineskin dried by smoke, I do not forget your statutes. 84 How many days must your servant wait? When will you execute judgment on my persecutors? 85 The arrogant have dug pits for me; they violate your instruction. 86 All your commands are true; people persecute me with lies — help me! 87 They almost ended my life on earth, but I did not abandon your precepts. 88 Give me life in accordance with your faithful love, and I will obey the decree you have spoken.

### Reflect

Describe a time when you felt like you "languished" or your hope "failed" (v. 81-82). How can you anchor your hope in God's statutes instead of your circumstances today?

# January 16<sup>th</sup>

#### The Eternal Truth

Trusting the word that is firmly fixed in the heavens and endures forever.

### Psalm 119:89-96

89 Lord, your word is forever; it is firmly fixed in heaven. 90 Your faithfulness is for all generations; you established the earth, and it stands firm. 91 Your judgments stand firm today, for all things are your servants. 92 If your instruction had not been my delight, I would have died in my affliction. 93 I will never forget your precepts, for you have given me life through them. 94 I am yours; save me, for I have studied your precepts. 95 The wicked hope to destroy me, but I contemplate your decrees. 96 I have seen a limit to all perfection, but your command is without limit.

### Reflect

How does meditating on the truth that God's word is "firmly fixed in the heavens" (v. 89) give you peace in the face of temporary earthly chaos or change?

# January 17<sup>th</sup>

Pray and reflect on what the Lord has taught you this week.

# January 18<sup>th</sup> Sermon Notes

Title:	
Passage:	Preacher:

# January 19<sup>th</sup>

### Supreme Love for the Word

Declaring the word of God sweeter than honey and the source of true wisdom.

### Psalm 119:97-104

97 How I love your instruction! It is my meditation all day long. 98 Your command makes me wiser than my enemies, for it is always with me. 99 I have more insight than all my teachers because your decrees are my meditation. 100 I understand more than the elders because I obey your precepts. 101 I have kept my feet from every evil path to follow your word. 102 I have not turned from your judgments, for you yourself have instructed me. 103 How sweet your word is to my taste — sweeter than honey in my mouth. 104 I gain understanding from your precepts; therefore I hate every false way.

### Reflect

Why is God's word "sweeter than honey" (v. 103) for you
personally? What is one specific thing you need to stop doing
because you "hate every false way" (v. 104)?

## January 20th

### A Lamp and a Shield

The Word as guidance and protection, even when surrounded by snares.

### Psalm 119:105-112

105 Your word is a lamp for my feet and a light on my path.
106 I have solemnly sworn to keep your righteous judgments.
107 I am severely afflicted; Lord, give me life according to your word. 108 Lord, please accept my freewill offerings of praise, and teach me your judgments. 109 My life is constantly in danger, yet I do not forget your instruction. 110 The wicked have set a trap for me, but I have not wandered from your precepts. 111 I have your decrees as a heritage forever; indeed, they are the joy of my heart. 112 I am resolved to obey your statutes to the very end.

### Reflect

What current decision or path needs the Word as a "lamp to your feet" (v. 105)? What are the "snares" (v. 110) that surround you, and how does the Word help you navigate them?

# January 21st

### **Hating Deceit**

A commitment to choosing God's laws over the double-minded and those who stray.

### Psalm 119:113-120

113 I hate those who are double-minded, but I love your instruction. 114 You are my shelter and my shield; I put my hope in your word. 115 Depart from me, you evil ones, so that I may obey my God's commands. 116 Sustain me as you promised, and I will live; do not let me be ashamed of my hope. 117 Sustain me so that I can be safe and always be concerned about your statutes. 118 You reject all who stray from your statutes, for their deceit is a lie. 119 You remove all the wicked on earth as if they were dross from metal; therefore, I love your decrees. 120 I tremble in awe of you; I fear your judgments.

### Reflect

What are two "double-minded" areas (v. 113) in your habits or
thought life? How does the truth of God's precepts (v. 120)
compel you to choose His way completely?

### January 22<sup>nd</sup>

### Pleading for Justice

Praying for the Lord to act righteously and for a heart that hates every false way.

### Psalm 119:121-128

121 I have done what is just and right; do not leave me to my oppressors. 122 Guarantee your servant's well-being; do not let the arrogant oppress me. 123 My eyes grow weary looking for your salvation and for your righteous promise. 124 Deal with your servant based on your faithful love; teach me your statutes. 125 I am your servant; give me understanding so that I may know your decrees. 126 It is time for the Lord to act, for they have violated your instruction. 127 Since I love your commands more than gold, even the purest gold, 128 I carefully follow all your precepts and hate every false way.

### Reflect

Identify an area of life where you need God to "deal kindly" with you (v. 124) and act as your guarantor against oppression. How does God's perfection make His precepts "right" (v. 128)?

## January 23<sup>rd</sup>

### The Wonders of Testimony

Expressing awe at God's precepts and mourning over those who break the law.

#### Psalm 119:129-136

129 Your decrees are wondrous; therefore I obey them. 130 The revelation of your words brings light and gives understanding to the inexperienced. 131 I open my mouth and pant because I long for your commands. 132 Turn to me and be gracious to me, as is your practice toward those who love your name. 133 Make my steps steady through your promise; don't let any sin dominate me. 134 Redeem me from human oppression, and I will keep your precepts. 135 Make your face shine on your servant, and teach me your statutes. 136 My eyes pour out streams of tears because people do not follow your instruction.

### Reflect

Reflect back upon a time when you affirmed for doing what Goo
commands. Pray for God to cause you to love His Word more
each day.

# January 24th

Pray and reflect on what the Lord has taught you this week.

# January 25<sup>th</sup> Sermon Notes

Title:	
Passage:	Preacher:

# January 26<sup>th</sup>

### God's Righteousness

Praising God for His justice and the purity and truth of His eternal commands.

### Psalm 119:137-144

137 You are righteous, Lord, and your judgments are just. 138 The decrees you issue are righteous and altogether trustworthy. 139 My anger overwhelms me because my foes forget your words. 140 Your word is completely pure, and your servant loves it. 141 I am insignificant and despised, but I do not forget your precepts. 142 Your righteousness is an everlasting righteousness, and your instruction is true. 143 Trouble and distress have overtaken me, but your commands are my delight. 144 Your decrees are righteous forever. Give me understanding, and I will live.

### Reflect

How does the perfect justice and righteousness of God
encourage you when you feel surrounded by injustice? What
does it mean for God's precepts to be "righteous forever" (v.
144)?

# January 27<sup>th</sup>

### **Seeking God Early**

Crying out to God in prayer before the dawn and trusting in the eternal foundation of truth.

### Psalm 119:145-152

145 I call with all my heart; answer me, Lord. I will obey your statutes. 146 I call to you; save me, and I will keep your decrees. 147 I rise before dawn and cry out for help; I put my hope in your word. 148 I am awake through each watch of the night to meditate on your promise. 149 In keeping with your faithful love, hear my voice. Lord, give me life in keeping with your justice. 150 Those who pursue evil plans come near; they are far from your instruction. 151 You are near, Lord, and all your commands are true. 152 Long ago I learned from your decrees that you have established them forever.

### Reflect

What specific time of day are you dedicating to "crying out" to God (v. 145) and trusting in His Word? What is the "eternal truth" (v. 152) that you need to recall when facing doubt?

# January 28<sup>th</sup>

### **Praying for Rescue**

Asking for deliverance and revival according to God's steadfast love and mercy.

### Psalm 119:153-160

153 Consider my affliction and rescue me, for I have not forgotten your instruction. 154 Champion my cause and redeem me; give me life as you promised. 155 Salvation is far from the wicked because they do not study your statutes. 156 Your compassions are many, Lord; give me life according to your judgments. 157 My persecutors and foes are many. I have not turned from your decrees. 158 I have seen the disloyal and feel disgust because they do not keep your word. 159 Consider how I love your precepts; Lord, give me life according to your faithful love. 160 The entirety of your word is truth, each of your righteous judgments endures forever.

### Reflect

How can you ask for revival based on God's steadfast love (v. 156, 159)? What does "revive me" look like for you specifically today in your spiritual state?

# January 29<sup>th</sup>

#### **Great Peace**

Rejoicing in the abundance of peace for those who love the word and anticipating God's judgment.

### Psalm 119:161-168

161 Princes have persecuted me without cause, but my heart fears only your word. 162 I rejoice over your promise like one who finds vast treasure. 163 I hate and abhor falsehood, but I love your instruction. 164 I praise you seven times a day for your righteous judgments. 165 Abundant peace belongs to those who love your instruction; nothing makes them stumble. 166 Lord, I hope for your salvation and carry out your commands. 167 I obey your decrees and love them greatly. 168 I obey your precepts and decrees, for all my ways are before you.

### Reflect

What external conflict or challenge (persecution, v. 161) are you currently facing? How does the "great peace" (v. 165) of loving the word remain unbroken amidst that conflict?

## January 30<sup>th</sup>

### The Final Petition

Pleading for an answer to prayer, singing of the Word, and concluding with a request to be sought out.

### Psalm 119:169-176

169 Let my cry reach you, Lord; give me understanding according to your word. 170 Let my plea reach you; rescue me according to your promise. 171 My lips pour out praise, for you teach me your statutes. 172 My tongue sings about your promise, for all your commands are righteous. 173 May your hand be ready to help me, for I have chosen your precepts. 174 I long for your salvation, Lord, and your instruction is my delight. 175 Let me live, and I will praise you; may your judgments help me. 176 I wander like a lost sheep; seek your servant, for I do not forget your commands.

### Reflect

How does your life "sing of your word" (v. 172)? Conclude with the psalmist's final, honest plea: "I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments" (v. 176).

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# January 31st

Pray and reflect on what the Lord has taught you this week.

# February 1<sup>st</sup> Sermon Notes

Title:	
Passage:	Preacher:

### **Prayer Requests**



