

=Story Behind the Psalm=

Psalm 119

NOTE: *These lessons are designed simply as a guideline. As a Sunday School teacher part of your job is to study the lesson and develop it for the pupils in your class according to their age and spiritual development.*

Scripture: Psalms 119

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The Story Behind the Psalm

This is an alphabetical Psalm. It is composed of 22 stanzas of 8 verses each. Each stanza is headed by different letter from the alphabet and each verse of each stanza begins with this letter.

In the Psalm the writer is magnifying the Word of God. He uses eight words describing the Bible: (1) law (2) testimony, (3) judgments, (4) statutes, (5) words, (6) precepts, (7) commandments, (8) and way. The first eight are used over 20 times each. The ninth is used four times.

The Way It Was Used by God's People

This was a Psalm of praise and thanksgiving for the Word of God. It is significant that this is the longest of all the psalms and is the longest chapter in the Bible. How appropriate this is that the foundation of all we believe controls the longest chapter of all!

LESSON:

Psalm 119 is all about the bible. In this lesson we will look at what Psalm 119 tells us the bible will do for us.

1. **The bible cleanses us (9).** Perhaps the best way to clean up our life unto godliness is to stay faithful in the Word of God. The power of the bible cleanses the souls and the life of the Christian.
2. **The bible keeps us from sin (11).** Once we are cleansed, the bible will keep us from sin. It is not enough to be cleaned up we must keep our vessel from becoming defiled again.
3. **The bible gives us counsel (24).** Reading the bible is like having a personal counseling appointment with God Himself.

4. **The bible gives us strength (28).** So often the Christian just becomes weak from fighting spiritual battles. The word of God gives us the strength to keep on fighting the wicked one.
5. **The bible gives us comfort (50).** It is like a security blanket for the Christian.
6. **The bible gives us hope (81).** Romans 15:4 reads, “For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.
7. **The bible makes us wise (98)** (Proverbs 2:6). We need wisdom to be a successes in any area of life (finances/family/business/ministry)
8. **The bible gives us peace (165).** When the world around us is falling apart the bible based Christian as a peace that passes all comprehension (Philippians 4:7)
9. **The bible gives us physical energy (25).** There is a physical strength that comes from keeping our spirit in good shape. The spirit of a man is his energy and drive.
10. **The bible guides us (105).** Reading the bible keeps us spiritually minded thus helping us make good decisions all day long. God said we should have the same mind as Christ (Philippians 2:5).

Memory Verse: *They that fear thee will be glad when they see me; because I have hoped in thy word. Psalm 119:74*