

=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. Last week we saw what the bible does for us. In this lesson we will look at what Psalm 119 tells us we are to do with the Bible.

1. **We are to memorize the bible (11).**
 - a. There are few practical ways to memorize the bible.
 - i. Read a passage so much you simply know it.
 - ii. Write down a verse that touches you from your daily reading and commit it to memory that day.
 - iii. Work on an entire chapter, quoting it from beginning to current verse (adding a verse when ready)
 - iv. Put a tune to a verse you want to memorize.
2. **We are to meditate on the bible (15).**

- a. The word meditate is comparable to a cow chewing its cud. He chews on it for a while, then swallows, then brings it back up again and chews on it a little while longer.
 - b. Meditation keeps our focus on the things of God all day and keeps us spiritually minded.
 - c. We need to discipline our minds to think upon the bible and what we have read especially in this day when sin is manifested everywhere.
3. **We are to love the bible (165).**
- a. The bible should be a part of us. Take it everywhere we go. When you go hunting, on vacation, to work, bring the bible with you. You should feel “lost” if you do not have your bible. When we forget our cell phone all day long we miss it and realize what a vital part it plays in our life. The bible should be more important than something like a cell phone.
4. **We are to keep the words of the LORD (17).**
- a. The word *keep* means to protect. We are to protect the Word of God and not fall subject to the modern changes to the bible.
5. **We are to talk about the bible (14).**
- a. Share what we have learned with friends and family (Deut. 11:19)
 - b. Teach the bible to a Sunday school class
 - c. Be so familiar with the bible it “slips” out during normal conversation

Memory Verse: *Deal bountifully with thy servant, that I may live, and keep thy word. Psalm 119:17*