



PSALM 119:169-176 SECTION 22 STUDY PLAN

During this 2-week period, complete the 10 study plans below.

We suggest focusing on one study plan per day.

Use the days of margin as needed.



Day 1

MEET... with God through prayer.

MEDITATE... Read Psalm 119:169-176 in the NASB. Read Psalm 119:169-176 in at least two other versions of Scripture.

Make notes about word variations that catch your attention. Then journal any first impressions of Section 22.

MEMORIZE... Select which verses in this section you will memorize during this 2-week period. Get started.

Day 2

MEET... with God through prayer.

MEDITATE... Copy Psalm 119:169-176 in the NASB on the left side of your paper. Then, on the right-hand side, beside your copy of the NASB, copy Psalm 119:169-176 from another version of choice. Underline words that seem powerful to you in either version, and then journal thoughts and impressions as you compare the different ways they are expressed.

MEMORIZE... Review. Add. Review. AND... also take time to review all that you have memorized in earlier Sections.

Day 3

MEET... with God through prayer.

MEDITATE... Read through Psalm 119:169-176 and write down every statement which includes one of the variation titles of God's Word (ex. Verse 171 – *"You teach me Your statutes..."*) After doing so, in light of what these titles mean (see Psalm 119 Glossary), consider the distinctions of these statements and journal your thoughts and impressions.

MEMORIZE... Review. Add. Review.

Note:

Here we are at the very end of this amazing chapter, and as David's prayer concludes, we might think that he should have everything all figured out, but actually the opposite is true. See, in this last section, David continues to display his great need for God, and yet also an understanding of the privilege he has to be in God's presence and have access to His heart, His ways and especially His Word! We will explore all of this and more as we meditate on this section, and hopefully conclude this chapter expressing our great need of God and great privilege of being in relationship with Him and His Word.

Day 4

MEET... with God through prayer.

MEDITATE... Read Psalm 119:169-176 and zoom in on verses 169-170. Copy those two verses from several versions including the NASB, making note that David is needy to experience the privilege of God hearing his prayer and answering, *"according to His Word."* As believers in Christ, we have the privilege of access to even more of God's Word than David did. In that regard, read Hebrews 4:14-16 and I John 5:15 alongside Psalm 119:169-176 and journal about your gratefulness for the privilege you have of crying out to God, knowing He hears you and will answer you. Then, write out a prayer to God regarding your own personal confidence of crying out to God, and knowing He hears you and will answer.

MEMORIZE... Review. Add. Review. AND... remember to review earlier Sections as well.

Day 5

MEET... with God through prayer.

MEDITATE... Read Psalm 119:169-176 and zoom in on verses 171-172. Copy those two verses from several versions including the NASB, making note that David desires to be a person of praise! God has ordained that we use our mouths to praise Him, but even the desire to do so, really comes from Him. It seems David knows that left to himself, his mouth will be used for lesser things, even sinful things. So, ponder David's two requests in these verses and as you do, consider his requests alongside your own life as you make lists in your journal about the following: In what ways might the Lord like to use my *"lips to utter praise"* to Him today? In what ways might the Lord like to use my *"tongue to sing of His Word"* today? Then, referencing your lists, use your lips and tongue to praise Him and sing to Him out loud.

MEMORIZE... Review. Add. Review.

Day 6

MEET... with God through prayer.

MEDITATE... Read Psalm 119:169-176 and zoom in on verses 173-174. Copy those two verses from several versions including the NASB, making note that David is needy of God's help and salvation. We've certainly seen this throughout Psalm 119, and yet even here at the end, he continues to express it. In verse 173, David specifically asks for God's **"hand of the Lord to be ready to help him."** Read the following Scriptures you see below to learn some of what the Bible shares about **"the hand of the Lord"** and then journal about the following: Of all that you read in Scripture about the **"hand of the Lord"** what impacts you the most, and why? In what ways in your life do you long for the **"hand of the Lord to be ready to help you"** and why?

Psalm 37:24	Psalm 63:8	Psalm 19:1	Psalm 98:1	Psalm 16:8	Psalm 118:15-16	Psalm 138:7
Job 2:9-10	Isaiah 40:12	Isaiah 48:13	Isaiah 41:10	Isaiah 59:1	Habakkuk 3:4	Exodus 6:1
		Exodus 15:6	Jeremiah 18:6	John 10:29		

MEMORIZE... Review. Add. Review. AND... remember to review earlier Sections as well.

Day 7

MEET... with God through prayer.

MEDITATE... Read Psalm 119:169-176 and zoom in on verses 175-176. Copy verse 175 from several versions including the NASB, making note of David's request to, **"Let my soul live..."** Although this may be a fresh expression of David's desire, we know that he has been expressing this same desire in various ways throughout all of Psalm 119... that desire being that his inner man would come alive to the ways of God! Remembering that our **"soul"** is comprised of these three inward parts in each of our lives: our **mind, will** and **emotions**, review Psalm 119 and find specific prayers which are especially meaningful to you that David makes about each of them. As you find them, record them in your journal. Then, copy verse 176 from several versions including the NASB, making note of David's humility and dependence on the Lord and His Word that he expresses in this last verse of Psalm 119. In conclusion of this chapter, write out a similar prayer in your own words, expressing your own humility and dependence upon the Lord and His Word.

MEMORIZE... Review. Add. Review. AND... just a reminder, the earlier Sections need review too.

Day 8

MEET... with God through prayer.

MEDITATE... Watch the video we've titled, Psalm 119:169-176, AAB Section 22, taking notes as you do. After watching, give this section a title.

MEMORIZE... Review. Add. Review.

Day 9

MEET... with God through prayer.

MEDITATE... Using the four steps shared during Introduction Week about praying Scripture, pray through this Section, Psalm 119:169-176 for yourself.

MEMORIZE... Review. Add. Review.

Day 10

MEET... with God through prayer.

MEDITATE... Using the four steps shared during Introduction Week about praying Scripture, pray through this Section, Psalm 119:169-176 for a family member or friend.

MEMORIZE... Review. Share the verses you have memorized in some way.

CONCLUSION DAYS

As you finish meditating upon this amazing chapter, we encourage you to spend three days in focused review.

DAY 1- Review each of the titles that you gave each section of Psalm 119 and then identify your favorite section. Why is it your favorite? And how is it transformative in your life?

DAY 2 - Psalm 119 is a prayer filled with many powerful phrases we too can use in prayer. Identify three prayer phrases that David prayed in Psalm 119 that you also want to make a part of your own prayer life. Why? Start using them today.

DAY 3- In your journal, write out a prayer in conclusion to your meditation of Psalm 119.