

WARM-UP

- What book, film, or show have you enjoyed about the law? What did you like about it?
- How do you react when people say, “Promises are meant to be broken”? Why?
- In this day and age, how do you verify if something is true? Where do you go to confirm the truth?

WORD *Your testimonies are righteous forever; give me understanding that I may live. **PSALM 119:144***

(Read also **PSALM 119:137-143.**)

The Psalmist knew and spoke of God’s character and word. God is righteous, constant, and reliable; His word (or His rules, promises, and law), trusted and delightful. Whatever circumstance we face and in every moment of our lives, we can rely on who God is and what He says. When we look to God and choose to obey His word, we will not be swayed, fazed, or disappointed. In this lesson, we will look at three truths about God’s word from this passage.

1 | God's rules are always right.

¹³⁷*Righteous are you, O LORD, and right are your rules. ¹³⁸You have appointed your testimonies in righteousness and in all faithfulness. ¹³⁹My zeal consumes me, because my foes forget your words.*

PSALM 119:137-139

As a king makes pronouncements or rulings as best as he can based on what he thinks is right, God makes rules based on His righteousness and faithfulness. But while a king cannot save us or rule perfectly, God can and does. In fact, His righteousness made a way for our lives to be made right. He does not just expect us to follow His rules; He restores us to Himself and allows us to stand righteous before Him. How does this truth assure and comfort you?

2 | God's promise is well tried.

¹⁴⁰*Your promise is well tried, and your servant loves it. ¹⁴¹I am small and despised, yet I do not forget your precepts.*

PSALM 119:140-141

In the midst of different circumstances and challenges, God's word (also referred to as an encompassing promise) has been tried and tested. While we are *small and despised* like the Psalmist and we face disappointments and broken promises from others, God's promises endure and come to pass. When we are weak, distressed, and inadequate, we can look to God and His well-tried promises. Share about a time when God's word was tested and tried in your own life.

3 | God's law is always true.

¹⁴²Your righteousness is righteous forever, and your law is true. ¹⁴³Trouble and anguish have found me out, but your commandments are my delight. **PSALM 119:142-143**

Whether we like it or not, whether we believe it or not, God's word (or law) is always true, constant, and faithful. Everything else will fade away—including heaven and earth—but God's word will not (Matthew 24:35). It will remain forever (1 Peter 1:24-25). His word can be trusted, as a father instructs a child. Why do you think it may be difficult for some to believe that God's law is always true? How is it reassuring and life-giving?

As the Psalmist did, we declare our dependence and faith in God and His word. May we always choose the word, for it is right, tried, and true.

APPLICATION

- Take some time this week to reflect on the truthfulness of God's word. How can you develop a habit of choosing the word of truth every day?
- Commit Psalm 119:140 to memory: *Your promise is well tried, and your servant loves it.* Repeat it several times and make it your prayer this week.
- Do you know what the Bible says from cover to cover? How can you grow in your love for God's word and rely on it every day? Ask God for opportunities to share your faith with others this week.

