

### WARM-UP

- How do you focus on something important? What do you do or stop doing in order to focus?
- What's one of the songs you first learned as a child? Why do you think you still remember it?
- Tell us one thing you do when you're upset or stressed.

**WORD** *<sup>169</sup>Let my cry come before you, O LORD; give me understanding according to your word! <sup>170</sup>Let my plea come before you; deliver me according to your word.*

**PSALM 119:169-170**

Psalm 119 is a declaration of the power and beauty of God's word. The Psalmist knew that he could not live without God's word. Every challenge and adversity he faced was overcome because of his faith in God. He was committed to loving, valuing, and holding on to God's word. In this lesson, we will look at how the Psalmist did this and how we can pray according to the word of God when we face our own challenges.

## 1 | The Psalmist focused on God's word.

*<sup>169</sup>Let my cry come before you, O LORD; give me understanding according to your word! <sup>170</sup>Let my plea come before you; deliver me according to your word. PSALM 119:169-170*

The Psalmist sought God for understanding as he cried out to Him for deliverance. He knew that he could make sense of what he was going through only in light of God's word. He humbled himself before God and even cried and pleaded to God for help. He did not rely on his own ability or experience. He did not turn to others for help. He looked to God and His word. What do you think is the value in praying to God according to His word? In the New Testament, how did Mary respond to what God was doing in and through her life (Luke 1:38)?

---

---

## 2 | The Psalmist spoke and sang God's word.

*<sup>171</sup>My lips will pour forth praise, for you teach me your statutes. <sup>172</sup>My tongue will sing of your word, for all your commandments are right. PSALM 119:171-172*

While we can speak of and sing of God's word, we can also utter, confess, and sing God's word directly. We can use words and let His word come out of our mouths. We can pray songs about God and sing our prayers. These words written by the Psalmist are God's word itself, used by God's people during their exile to remind them of His promise and faithful love. God's word is intended to be meditated on, spoken, sung, and prayed. How have you seen the importance of speaking and singing God's word in your own life?

---

---

### 3 | The Psalmist held on to God's word.

*<sup>173</sup>Let your hand be ready to help me, for I have chosen your precepts. <sup>174</sup>I long for your salvation, O LORD, and your law is my delight. <sup>175</sup>Let my soul live and praise you, and let your rules help me. <sup>176</sup>I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments.* **PSALM 119:173-176**

While we cannot fully understand what the Psalmist was going through, we can understand that he was conflicted and he faced many obstacles in life. In all this, he held on to God's word. He chose God's word, delighted in God's word, and looked to God's word. He did not forget the word. Recall a time when you learned to hold on to God's word. What was the result?

---

---

#### APPLICATION

- Do you find yourself praying according to your own desires or according to God's word? How can you begin praying, singing, and confessing God's word in greater measure, starting this week?
- Commit Psalm 119:175 to memory: *Let my soul live and praise you, and let your rules help me.* Repeat it several times and make it your prayer this week.
- Who can you encourage to focus and hold on to God's word this week? What will you do to encourage him or her?

## PRAYER

- Thank God for His word that speaks life to us every day. Pray that you would love and live by God’s word for the rest of your life.
- Pray that no matter what happens in your life, you would pray the word, not your problems. Pray that you would know and trust God more.
- Pray for God’s word to guide and strengthen your family and friends. Ask God for opportunities to share His word to others this week.

## NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



**VICTORY**

Honor God. Make Disciples.

© 2022 by VICTORY®  
All rights reserved.

Scripture quotations are from The Holy Bible, English Standard Version® (ESV®)  
Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers.  
Used by permission. All rights reserved.

Permission to photocopy this material is granted for local church use. This is not for sale.  
[victory.org.ph](http://victory.org.ph)