

## Meditation: A Journal Experience Through Psalm 119

...so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.

Isa 55:10-11 ESV

Meditation is close or continued thought; the turning or revolving of a subject in the mind; serious contemplation; reflection; musing.

Mediation on Scripture is beneficial for life! We are urging you to meditate on Psalm 119 for several reasons:

- We want to learn to think through Scripture on our own and not solely rely on Bible teachers at RMCC.
- We want Scripture to increasingly become our first "go-to-grid" so God's Word will be our first response to any life situation.
- Psalm 119 continually accentuates the value of God's Word.
  - There are six main words that God uses to describes His Word/the Bible to us:
    - Precepts (mandates)—21 times
    - Statutes/Testimonies (enactments) 24 times
    - Law (Torah—same as statutes) 25 times
    - Commands (to constitute) 25 times
    - Word (a matter or a cause) 25 times
    - Promise (something said) 11 times
  - Throughout the Psalm a few more words are added to describe Yahweh's words to us in the Bible.
  - Throughout the Psalm you see the words listed over and over again describing their benefits.
  - We have indicated how many times the above words appear in each section/day of your journaling.

Our hope is that you will be blessed by Yahweh through this experience in His Word, and that you will be drawn back to Him over and over.

#### Instructions

This is a six week exercise. Use this pre-printed journal beginning January 16. Each day has a portion of Psalm 119 preprinted on one page with space to answer the same three questions each day.

- Begin your experience by watching the startup video, just go to RMCChurch.org and follow the link. A video is also used at weeks three and six and are tools to instruct and enhance your meditation.
- Read the pre-designated section of Scripture that is eight verses long.
- Jot down some thoughts that are guided from three questions pre-printed on the facing page.
- You will do this for four days.
- On the fifth day, instead of reading another section of Psalm 119, you
  will review the four prior days and jot down your thoughts about the
  reading/journaling you did that week.
- You will take two days off and then start over again.
- You will repeat this five times for a total of six weeks.
- At midpoint and the end, on Zoom Out days week three and six, you
  will have one additional day to review the entire three weeks of
  journaling to jot down your thoughts about the reading/journaling you
  have done up to that point. We also invite you watch the corresponding
  videos for these weeks by going to RMCChurch org and following the
  link.
- Most pages have a box of additional information that might be helpful
  for your meditation. These are short as to not lead you too far into
  thinking a particular way. We desire you to go where you are drawn by
  the Spirit.
- If you miss a day, do it the next day. Each week has two days of flex built into it. Don't let a missed day derail you from continuing the experience.

## Monday, January 16 Ps 119:1-8

Aleph

1Blessed are those whose way is blameless, who walk in the law of the Lord! 2 Blessed are those who keep his testimonies, who seek him with their whole heart, 3 who also do no wrong, but walk in his ways! 4 You have commanded your precepts to be kept diligently. 5 Oh that my ways may be steadfast in keeping your statutes! 6 Then I shall not be put to shame, having my eyes fixed on all your commandments. 7 I will praise you with an upright heart, when I learn your righteous rules. 8 I will keep your statutes; do not utterly forsake me!

KNOW -FOLLOW

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Obedience

Blessed is a contented happiness.

The heart is considered the essence and core of a person.

Ways are a usual way of doing things like a person's m.o. (modus operandi mode of operation.)

Word—3 Law—0 Commandments—1 Rules—1 Testimonies—1 Statutes—2 Precepts—1 Ways—1 TOTAL—8

## Tuesday, January 17 Ps 119:9-16

#### Beth

9 How can a young man keep his way pure? By guarding it according to your word. 10 With my whole heart I seek you; let me not wander from your commandments! 11 I have stored up your word in my heart, that I might not sin against you. 12 Blessed are you, O Lord; teach me your statutes! 13 With my lips I declare all the rules of your mouth. 14 In the way of your testimonies I delight as much as in all riches. 15 I will meditate on your precepts and fix my eyes on your ways. 16 I will delight in your statutes; I will not forget your word.

KNOW -FOLLOW

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Impact of God's Word

Guarding is to hedge about as with thorns.

Wandering is to err.

Word—3
Law—0
Commandments—1
Rules—1
Testimonies—1

Statutes—2 Precepts—1 Ways—1

TOTAL-10

## Wednesday, January 18 Ps 119:17-24

#### Gimel

17 Deal bountifully with your servant, that I may live and keep your word. 18 Open my eyes, that I may behold wondrous things out of your law. 19 I am a sojourner on the earth; hide not your commandments from me! 20 My soul is consumed with longing for your rules at all times. 21 You rebuke the insolent, accursed ones, who wander from your commandments. 22 Take away from me scorn and contempt, for I have kept your testimonies. 23 Even though princes sit plotting against me, your servant will meditate on your statutes. 24 Your testimonies are my delight; they are my counselors.

KNOW -FOLLOW

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Withstanding Stress & Pressure

A sojourner is a guest in a foreign place.

Testimonies here are described as counselors.

Word—1 Law—1 Commandments—2 Rules—1 Testimonies—2 Statutes—1 Precepts—0 Ways—0

TOTAL-8

## Thursday, January 19 Ps 119:25-32

#### Daleth

25 My soul clings to the dust;
give me life according to your word!
26 When I told of my ways, you answered me;
teach me your statutes!
27 Make me understand the way of your precepts,
and I will meditate on your wondrous works.
28 My soul melts away for sorrow;
strengthen me according to your word!
29 Put false ways far from me
and graciously teach me your law!
30 I have chosen the way of faithfulness;
I set your rules before me.
31 I cling to your testimonies, O Lord;
let me not be put to shame!
32 I will run in the way of your commandments

when you enlarge my heart!

KNOW - FOLLOW

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Tenacity & Follow-through

Meditation on God's works is added here. Works are difficult or exceptional feats of God.

The soul is a widely used description of the spiritual side of a human. The soul also co-mingles deeply with the physical part of a human.

Word—2 Law—1 Commandments—1 Rules—1 Testimonies— 1 Statutes—1 Precepts—0 Ways—4 TOTAL—11

# Friday, January 20 Journaling

Write down some of the main thoughts and events in your life that seem to
correspond to the Scripture you read this week.

# Family Page: Week 1

#### Psalm 119:7

7 I will praise you with an upright heart, when I learn your righteous rules

#### A Mnemonic for Psalm 119:7

A mnemonic (ni-mä-nik) is a learning technique that helps memory.

I

(point to self)

Will praise you

(look to sky and raise arms)

With an upright heart

(point to heart)

When I learn

(point to head)

Your righteous rules

(make a book out of your hands)

## Monday, January 23 Ps 119:33-40

#### He

- 33 Teach me, O Lord, the way of your statutes; and I will keep it to the end.
- 34 Give me understanding, that I may keep your law and observe it with my whole heart.
  - 35 Lead me in the path of your commandments, for I delight in it.
    - 36 Incline my heart to your testimonies, and not to selfish gain!
- 37 Turn my eyes from looking at worthless things; and give me life in your ways.
  - 38 Confirm to your servant your promise, that you may be feared.
  - 39 Turn away the reproach that I dread, for your rules are good.
    - 40 Behold, I long for your precepts; in your righteousness give me life!

KNOW -FOLLOW - GIV

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Integrity

The heart is mentioned twice in this section. The heart is the center of the person—a comingling—of the mind, soul, and body.

God's promise is added here.

Word—0 Law—1 Commandments—1 Rules—1 Testimonies—1 Statutes—1 Precepts—0 Ways—4

TOTAL-9

#### Tuesday, January 24 Ps 119:41-48

#### Waw

41 Let your steadfast love come to me, O Lord,
your salvation according to your promise;
42 then shall I have an answer for him who taunts me,
for I trust in your word.
43 And take not the word of truth utterly out of my mouth,
for my hope is in your rules.
44 I will keep your law continually,
forever and ever,
45 and I shall walk in a wide place,
for I have sought your precepts.
46 I will also speak of your testimonies before kings
and shall not be put to shame,
47 for I find my delight in your commandments,
which I love.

48 I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes.

KNOW -FOLLOW -

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Nobleness

The notion of Yahweh's Law as being useful and beneficial for eternity is added here (v44). This will appear again in verses 111, 144, 152.

Word—2 Law—1 Commandments—2 Rules—1 Testimonies—1 Statutes—1 Precepts—1

Ways—0 Promise—1 TOTAL—10

## Wednesday, January 25 Ps 119:49-56

#### Zayin

49 Remember your word to your servant, in which you have made me hope.
50 This is my comfort in my affliction, that your promise gives me life.
51 The insolent utterly deride me, but I do not turn away from your law.
52 When I think of your rules from of old, I take comfort, O Lord.

53 Hot indignation seizes me because of the wicked, who forsake your law.

54 Your statutes have been my songs
in the house of my sojourning.
55 I remember your name in the night, O Lord,
and keep your law.

56 This blessing has fallen to me, that I have kept your precepts.

KNOW -FOLLOV

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Faith in God

Deriding is to verbally scoff at.

A sense of loyalty for God's law is present in this passage (v 53). This hot indignation is also described as a glowing/boiling horror.

Word—1 Law—3 Commandments—0 Rules—1 Testimonies—0 Statutes—1 Precepts—1 Ways—0

Promise –1 TOTAL—8

#### Thursday, January 26 Ps 119:57-64

57 The Lord is my portion; I promise to keep your words. 58 I entreat your favor with all my heart; be gracious to me according to your promise. 59 When I think on my ways, I turn my feet to your testimonies; 60 I hasten and do not delay to keep your commandments. 61 Though the cords of the wicked ensnare me, I do not forget your law. 62 At midnight I rise to praise you, because of your righteous rules. 63 I am a companion of all who fear you, of those who keep your precepts. 64 The earth, O Lord, is full of your steadfast love; teach me your statutes!

KNOW -FOLLOW

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Commitment

Entreating means to be worn to the point of weakness or sickness.

Favor means to turn one's face toward someone.

Word—1 Law—1 Commandments—1 Rules—1 Testimonies—1

Statutes—1 Precepts—1 Ways—1

Promise —1 TOTAL—9

# Friday, January 27 Journaling

Write down some of the main thoughts and events in your life that seem to
correspond to the Scripture you read this week.

# Family Page: Week 2

#### Psalm 119:49-50

49 Remember your word to your servant, in which you have made me hope.

50 This is my comfort in my affliction, that your promise gives me life.

#### A Mnemonic for Psalm 119:49-50

A mnemonic (ni-mä-nik) is a learning technique that helps memory.

Remember your word

(pointer finger goes from mouth out forward)

To your servant

(bow)

In which you have made me hope

(point to your smile)

This is my comfort in my affliction

(hug yourself)

That your promise

(point up)

Gives me life

(make a letter L with both hands; move them up from waist to shoulders)

### Monday, January 30 Ps 119:65-72

Teth

65 You have dealt well with your servant, O Lord, according to your word. 66 Teach me good judgment and knowledge, for I believe in your commandments. 67 Before I was afflicted I went astray, but now I keep your word. 68 You are good and do good; teach me your statutes. 69 The insolent smear me with lies, but with my whole heart I keep your precepts; 70 their heart is unfeeling like fat, but I delight in your law. 71 It is good for me that I was afflicted, that I might learn your statutes. 72 The law of your mouth is better to me than thousands of gold and silver pieces.

KNOW -FOLLOW - GIVE

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Trust

The first part of verse 70 could be transliterated as "Their heart is as thick as fat."

Word—2 Law—2 Commandments—1 Rules—0 Testimonies—0

Statutes—2 Precepts—1 Ways—0

Promise —0 TOTAL—8

### Tuesday, January 31 Ps 119:73-80

#### Yodh

73 Your hands have made and fashioned me; give me understanding that I may learn your commandments. 74 Those who fear you shall see me and rejoice, because I have hoped in your word. 75 I know, O Lord, that your rules are righteous, and that in faithfulness you have afflicted me. 76 Let your steadfast love comfort me according to your promise to your servant. 77 Let your mercy come to me, that I may live; for your law is my delight. 78 Let the insolent be put to shame, because they have wronged me with falsehood; as for me, I will meditate on your precepts. 79 Let those who fear you turn to me, that they may know your testimonies. 80 May my heart be blameless in your statutes, that I may not be put to shame!

KNOW -FOLLOW -

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Compassion

Insolence is the same as pride.

Word—1 Law—1

Commandments—1

Rules—1

Testimonies—1

Statutes—1

Precepts—1

Ways-0

Promise —1

TOTAL-8

#### Wednesday, February 1 Ps 119:81-88

Kaph 81 My soul longs for your salvation; I hope in your word. 82 My eyes long for your promise; I ask, "When will you comfort me?" 83 For I have become like a wineskin in the smoke, yet I have not forgotten your statutes. 84 How long must your servant endure? When will you judge those who persecute me? 85 The insolent have dug pitfalls for me; they do not live according to your law. 86 All your commandments are sure; they persecute me with falsehood; help me! 87 They have almost made an end of me on earth, but I have not forsaken your precepts. 88 In your steadfast love give me life, that I may keep the testimonies of your mouth.

KNOW -FOLLOW -

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Weariness

A wineskin in the smoke will become dingy, dried, and shriveled.

Word—1 Law—1 Commandments—1 Rules—0 Testimonies—1 Statutes—1

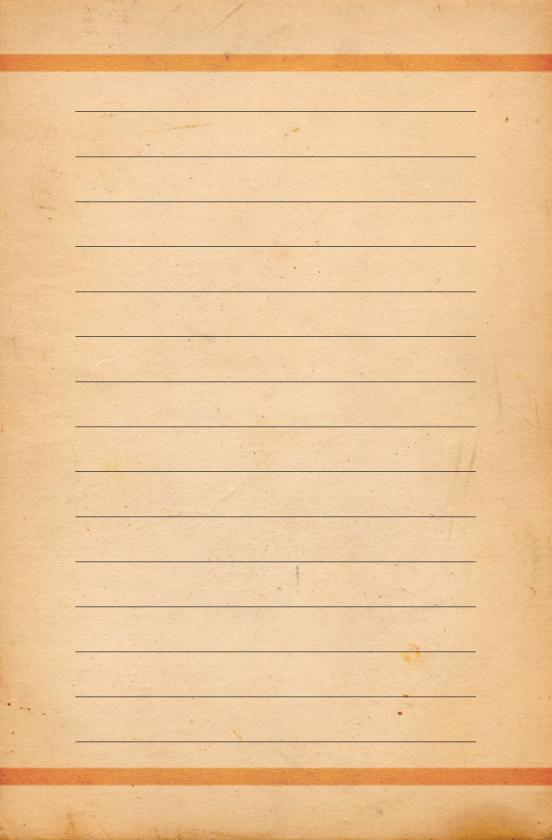
Precepts—1 Ways—0 Promise —1 TOTAL—7

# Thursday, February 2 Journaling

Write down some of the main thoughts and events in your life that seem to
correspond to the Scripture you read this week.
** ** ** ** ** ** ** ** ** ** ** ** **

# Friday, February 3 Zoom Out

You are halfway through the journaling exercise. Congratulations! Take a
few minutes to watch the midpoint video online at RMCChurch.org and
follow the link. Then take a few minutes to jot down the themes that seem
to keep coming up, your realizations, your struggles, etc. that seem to be evi-
dent now that you are half way through this exercise.
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# Family Page: Week 3

#### Psalm 119:66

66 Teach me good judgment and knowledge, for I believe in your commandments.

#### A Mnemonic for Psalm 119:66

A mnemonic (ni-mä-nik) is a learning technique that helps memory.

Teach me good judgment

(place a closed fist on your chin - like you're thinking deeply)

And knowledge

(place hand on head)

For I believe

(hand over heart – like you are pledging)

In your commandments

(make a book with your hands)

## Monday, February 6 Ps 119:89-96

Lamedh 89 Forever, O Lord, your word is firmly fixed in the heavens. 90 Your faithfulness endures to all generations; you have established the earth, and it stands fast. 91 By your appointment they stand this day, for all things are your servants. 92 If your law had not been my delight, I would have perished in my affliction. 93 I will never forget your precepts, for by them you have given me life. 94 I am yours; save me, for I have sought your precepts. 95 The wicked lie in wait to destroy me, but I consider your testimonies. 96 I have seen a limit to all perfection, but your commandment is exceedingly broad.

KNOW -FOLLOW

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Reliability

While this section contains less words for relating to God's Word, it has increased focus on God's reliability as seen in creation.

Word—1 Law—1 Commandments—1 Rules—0 Testimonies—1 Statutes—0 Precepts—2

Ways—0 Promise —0 TOTAL—6

# Tuesday, February 7 Ps 119:97-104

Mem

97 Oh how I love your law!

It is my meditation all the day.

98 Your commandment makes me wiser than my enemies,

for it is ever with me.

99 I have more understanding than all my teachers,
for your testimonies are my meditation.
100 I understand more than the aged,
for I keep your precepts.

101 I hold back my feet from every evil way, in order to keep your word.102 I do not turn aside from your rules, for you have taught me.

103 How sweet are your words to my taste, sweeter than honey to my mouth!

104 Through your precepts I get understanding; therefore I hate every false way.

> KNOW -FOLLOW - GIV

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Meditation

Word-2

Law—1

Commandments—1

Rules—1

Testimonies—1

Statutes—0

Precepts—2

Ways-0

Promise —0

TOTAL-8

#### Wednesday, February 8 Ps 119:105-112

Nun

105 Your word is a lamp to my feet and a light to my path. 106 I have sworn an oath and confirmed it, to keep your righteous rules. 107 I am severely afflicted; give me life, O Lord, according to your word! 108 Accept my freewill offerings of praise, O Lord, and teach me your rules. 109 I hold my life in my hand continually, but I do not forget your law: 110 The wicked have laid a snare for me, but I do not stray from your precepts. 111 Your testimonies are my heritage forever, for they are the joy of my heart. 112 I incline my heart to perform your statutes forever, to the end.

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Guidance

Freewill offerings of praise are spontaneous words of praise from the mouth.

Word—2 Law—1 Comandments—0 Rules—2 Testimonies—1 Statutes—1 Precepts—1 Ways—0 Promise—0

TOTAL-8

### Thursday, February 9 Ps 119:113-120

Samekh 113 I hate the double-minded, but I love your law. 114 You are my hiding place and my shield; I hope in your word. 115 Depart from me, you evildoers, that I may keep the commandments of my God. 116 Uphold me according to your promise, that I may live, and let me not be put to shame in my hope! 117 Hold me up, that I may be safe and have regard for your statutes continually! 118 You spurn all who go astray from your statutes, for their cunning is in vain. 119 All the wicked of the earth you discard like dross, therefore I love your testimonies. 120 My flesh trembles for fear of you, and I am afraid of your judgments.

KNOW -FOLLOW

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Authenticity

This Psalm adds the word judgments as one of the ways to describe God's revelation of Himself. This is a word like precepts, rules, word, etc. This judgment is a judicial word meaning to reach a verdict—either positive or negative.

Dross is the scum at the top of melting/ purifying metals.

Word—1 Law—1 Commandments—1 Rules—0 Testimonies—1 Statutes—2 Precepts—0 Ways—0

Promise —1 Judgments—1 TOTAL—8

# Friday, February 10 Journaling

Write down some of the main thoughts and events in your life that seem to
correspond to the Scripture you read this week.

# Family Page: Week 4

#### Psalm 119:90

90 Your faithfulness endures to all generations; you have established the earth, and it stands fast.

#### A Mnemonic for Psalm 119:90

A mnemonic (ni-mä-nik) is a learning technique that helps memory.

Your faithfulness endures to all generations (make a large circle with index finger, repeated)
You have established the earth (use both index fingers to make a big circle)
And it stands fast

(put hands palm down towards the earth and shake them a little)

## Monday, February 13 Ps 119:121-128

#### Ayin

121 I have done what is righteous and just;
do not leave me to my oppressors.

122 Ensure your servant's well-being;
do not let the arrogant oppress me.

123 My eyes fail, looking for your salvation,
looking for your righteous promise.

124 Deal with your servant according to your love
and teach me your decrees.

125 I am your servant; give me discernment
that I may understand your statutes.

126 It is time for you to act, LORD;
your law is being broken.

127 Because I love your commands
more than gold, more than pure gold,

128 and because I consider all your precepts right,

I hate every wrong path.

KNOW -FOLLOW -

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

· Theme: Teachability

Word—1 Law—1 Commandments—1 Rules—0

Testimonies—1
Statutes—2
Precents—0

Precepts—0 Ways—0

Promise —1 Judgments—1

TOTAL—8

## Tuesday, February 14 Ps 119:129-136

Pe

129 Your testimonies are wonderful; therefore my soul keeps them. 130 The unfolding of your words gives light; it imparts understanding to the simple. 131 I open my mouth and pant, because I long for your commandments. 132 Turn to me and be gracious to me, as is your way with those who love your name. 133 Keep steady my steps according to your promise, and let no iniquity get dominion over me. 134 Redeem me from man's oppression, that I may keep your precepts. 135 Make your face shine upon your servant, and teach me your statutes. 136 My eyes shed streams of tears, because people do not keep your law.

KNOW -FOLLOW -

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

· Theme: Conviction

Word—1 Law—1

Commandments—1
Rules—0

Testimonies—1

Statutes—1

Precepts—1 Ways—1

Promise —1 Judgments—0

TOTAL: 8

### Wednesday, February 15 Ps 119:137-144

Tsadhe

137 Righteous are you, O Lord, and right are your rules.

138 You have appointed your testimonies in righteousness and in all faithfulness.

139 My zeal consumes me, because my foes forget your words.

140 Your promise is well tried, and your servant loves it.

141 I am small and despised, yet I do not forget your precepts.

142 Your righteousness is righteous forever, and your law is true.

143 Trouble and anguish have found me out, but your commandments are my delight.

144 Your testimonies are righteous forever; give me understanding that I may live.

KNOW -FOLLOW - GIVI

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme:
Righteousness

Word—1
Law—1
Commandments—1
Rules—1
Testimonies—2
Statutes—0
Precepts—1

Ways—0 Promise —1 Judgments—0 TOTAL: 8

# **Thursday, February 16 Ps 119:145-152**

Qoph

145 With my whole heart I cry; answer me, O Lord!

I will keep your statutes.

146 I call to you; save me,
that I may observe your testimonies.

147 I rise before dawn and cry for help;

I hope in your words.

148 My eyes are awake before the watches of the night, that I may meditate on your promise.

149 Hear my voice according to your steadfast love;O Lord, according to your justice give me life.150 They draw near who persecute me with evil purpose;they are far from your law.

151 But you are near, O Lord, and all your commandments are true.

152 Long have I known from your testimonies that you have founded them forever.

KNOW -FOLLOW

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Longing

The Jews divided the night into three watches, which began at six o'clock in the evening, each consisted each of four hours.

Word—1 Law—1 Commandments—1 Rules—0 Testimonies—2 Statutes—1 Precepts—0 Ways—0 Promise—1 Judgments—0

TOTAL: 7

# Friday, February 17 Journaling

Write down some of the main thoughts and events in your life that seem to
correspond to the Scripture you read this week.

# Family Page: Week 5

#### Psalm 119:125

125  $\bar{I}$  am your servant; give me understanding that I may know your testimonies.

#### A Mnemonic for Psalm 119:125

A mnemonic (ni-mä-nik) is a learning technique that helps memory.

I am your servant
(make your hands like you are sweeping a broom)
Give me understanding
(put your close hand over your heart)
That I may know your testimonies
(draw small circles from your mouth with a pointer finger)

#### Monday, February 20 Ps 119:153-160

Resh

153 Look on my affliction and deliver me,
for I do not forget your law.

154 Plead my cause and redeem me;
give me life according to your promise!

155 Salvation is far from the wicked,
for they do not seek your statutes.

156 Great is your mercy, O Lord;
give me life according to your rules.

157 Many are my persecutors and my adversaries,
but I do not swerve from your testimonies.

158 I look at the faithless with disgust,
because they do not keep your commands.

Give me life according to your steadfast love.

160 The sum of your word is truth,
and every one of your righteous rules endures forever.

159 Consider how I love your precepts!

KNOW -FOLLOW -

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

· Theme: Persecution

Word—1 Law—1 Commandments—1 Rules—1 Testimonies—1

Statutes—1 Precepts—1 Ways—0

Promise —1 Judgments—0 TOTAL: 8

# Tuesday, February 21 Ps 119:161-168

Sin and Shin 161 Princes persecute me without cause, but my heart stands in awe of your words. 162 I rejoice at your word like one who finds great spoil. 163 I hate and abhor falsehood, but I love your law. 164 Seven times a day I praise you for your righteous rules. 165 Great peace have those who love your law; nothing can make them stumble. 166 I hope for your salvation, O Lord, and I do your commandments. 167 My soul keeps your testimonies; I love them exceedingly. 168 I keep your precepts and testimonies, for all my ways are before you.

KNOW -FOLLOW - GIVE

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Persecution

Word—2

Law—1 Commandments—1

Rules—1
Testimonies—2

Statutes—0

Precepts—1

Ways—0 Promise —0

TOTAL—8

## Wednesday, February 22 Ps 119:169-176

Taw

169 Let my cry come before you, O Lord; give me understanding according to your word! 170 Let my plea come before you; deliver me according to your word. 171 My lips will pour forth praise, for you teach me your statutes. 172 My tongue will sing of your word, for all your commandments are right. 173 Let your hand be ready to help me, for I have chosen your precepts. 174 I long for your salvation, O Lord, and your law is my delight. 175 Let my soul live and praise you, and let your rules help me. 176 I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments:

KNOW -FOLLOW - GI

How can I follow God's will in this?

What can I give of myself to God in light of this fresh perspective of Him?

Theme: Persecution

Word—3

Law—1
Commandments—1

Rules—1

Testimonies—0

Statutes—1

Precepts—1

Ways—0

Promise —0

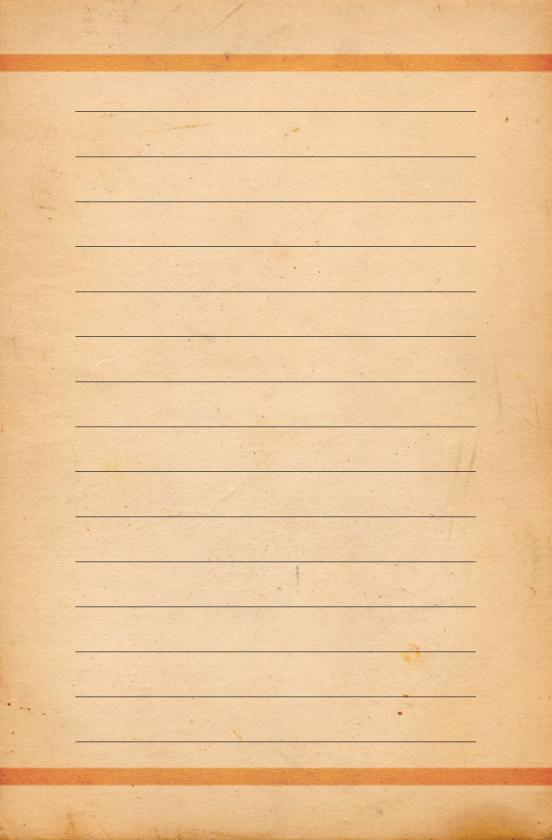
TOTAL-8

# Thursday, February 23 Journaling

Write down some of the main thoughts and events in your life that seem to
correspond to the Scripture you read this week.

# Friday, February 24 Zoom Out

You are done! Congratulations! You have finished journaling through the
longest chapter in the whole Bible! Take a few minutes to watch the final
video at RMCChurch.org and follow the link. Now, take a few minutes to jot
down the impact this exercise has had on you. What are the prominent
themes and realizations you had during this exercise?
dicines and realizations you had during this energies.



# Family Page: Week 6

#### Psalm 119:160

160 The sum of your word is truth,

And every one of your righteous rules endures forever.

#### A Mnemonic for Psalm 119:160

A mnemonic (ni-mä-nik) is a learning technique that helps memory.

The sum of your word is truth
(cup hands like you are making a Play-Doh ball)
And every one of your righteous rules
(count with fingers)
Endures forever
(make big circle with index finger)

