

## Psalms 119

### Week 1 – intro, v.1 begin

This is the longest of the Psalms, more than twice as long as any other. It is believed that David is the author of this psalm. It is a collection of thoughts not necessarily linked together, but individual praises and admirations of the God David loved and followed. Psalms 119 is broken up into sections of 8 verses, with each section beginning with a letter in the Hebrew alphabet starting with the first letter and continuing through to the last letter. This psalm contains encouragement to believers and will challenge those who say they know God but do not follow Him. A central theme of Psalms 119 is that the word of God is excellent. God's word is called by several names in this psalm: law, statutes, precepts or commandments, judgments, ordinances, righteousness, testimonies, way and word. Each description of the word emphasizes a different aspect of it. In verse 1, God's word is referred to as the way and the law.

**God's way:** a road (as trodden); **a course of life** or mode of action; **how we are to walk according to God**; from <derek> to proceed, go on, walk, tread; the way in which a man must tread in order to be safe, holy and happy. God's manner of acting or proceeding in providence and grace in order to instruct and save man.

**God's law:** a precept or statute, **God's instructions and directions**; **how we are to obey**; from <towrah> to direct, guide, teach, make straight or even, point forward; because it guides, directs and instructs in the way of righteousness

The first letter of the Hebrew alphabet is ALEPH.

The word ALEPH means an ox. The ox is a symbol of patience and suffering, always ready either for service or sacrifice. It is a walking creature, plodding, pulling, serving, and uncomplaining. If the load becomes too heavy, the ox will fall upon its knees and continue to pull... The first verse of Psalm 119 deals with the walk. William G. Heslop, 1956

Ps 119:1 How blessed are those whose way is blameless, who walk in the law of the LORD.

Ps 119:1 Blessed are the undefiled in the way, who walk in the law of the Lord. (KJV)

Blessed <' esher> happiness, how happy!

According to this verse, what characterizes those who are spiritually happy?

**Their way** (<derek> a road [as trodden], a course of life or mode of action, journey, manner) **is blameless**. (<tamiym> entire; integrity, truth; without blemish, complete, full perfect, sincere, without spot, undefiled, upright, whole)

**They walk** (<halak> behave continually, be conversant, exercise, follow) **in the law** (<towrah> a precept or statute) **of the Lord**.

Notice that this happiness does not stem from circumstances on the outside. The happiness that characterizes a child of God is dependent upon a heart that chooses to follow God with all sincerity in truth and righteousness.

What causes you to be happy? Does your happiness wax and wane or is it constant? Is your happiness dependent upon circumstances or does it come from within? Are you able to rejoice in all things?

Happiness is found in the wisdom of God:

Pr 3:17-18 Her ways are pleasant ways, And all her paths are peace. She is a tree of life to those who take hold of her, And happy are all who hold her fast.

Pr 3:13 How blessed is the man who finds wisdom, And the man who gains understanding.

1Ki 10:8 "How blessed are your men, how blessed are these your servants who stand before you continually [and] hear your wisdom.

Happiness comes from having the fear of God in your heart:

Ps 128:1-2 How blessed is everyone who fears the LORD, Who walks in His ways. When you shall eat of the fruit of your hands, You will be happy and it will be well with you.

Pr 28:14 How blessed is the man who fears always, But he who hardens his heart will fall into calamity.

Happiness comes from placing our trust in God:

Pr 16:20 He who gives attention to the word shall find good, And blessed is he who trusts in the LORD.

Ps 2:12 Do homage to the Son, lest He become angry, and you perish [in] the way, For His wrath may soon be kindled. How blessed are all who take refuge in Him!

Ps 34:8 O taste and see that the LORD is good; How blessed is the man who takes refuge in Him!

True happiness comes from being saved:

De 33:29 "Blessed are you, O Israel; Who is like you, a people saved by the LORD, Who is the shield of your help, And the sword of your majesty! So your enemies shall cringe before you, And you shall tread upon their high places."

Happiness comes from placing our hope in the Lord and from knowing that God is our help:

Ps 146:5 How blessed is he whose help is the God of Jacob, Whose hope is in the LORD his God;

Happiness comes from having mercy on the poor:

Pr 14:21 He who despises his neighbor sins, But happy is he who is gracious to the poor.

Ps 41:1 How blessed is he who considers the helpless; The LORD will deliver him in a day of trouble.

Happiness comes from knowing God as our Lord:

Ps 144:15 How blessed are the people who are so situated; How blessed are the people whose God is the LORD!

Happiness comes from the discipline of God in our lives:

Job 5:17 "Behold, how happy is the man whom God reproves, So do not despise the discipline of the Almighty.

Happiness comes from receiving forgiveness from God:

Ps 32:1 How blessed is he whose transgression is forgiven, Whose sin is covered!

Happiness comes from being chosen by God:

Ps 65:4 How blessed is the one whom Thou dost choose, and bring near [to Thee], To dwell in Thy courts. We will be satisfied with the goodness of Thy house, Thy holy temple.

If we concentrate on the blessings we have in Christ, we will be filled with lasting happiness, a happiness that comes from knowing God and serving Him.

Next week we will look more closely at what it means to be blameless and what it means to walk in the law of the Lord.

## Application Questions

### Week 1

In Psalms 119:1 what does the word blessed mean?

Below are a list of verses. Look them up and write down what you learn about spiritual happiness or blessedness.

Proverbs 3:13 –

Psalms 128:1-2 –

Proverbs 16:20 –

Psalms 146:5 –

Psalms 144:15 –

Psalms 32:1 –

What is your happiness dependent upon?

Focusing on what it means to be blessed [‘ esher> how happy!], what is your response as you read through the ‘Apply It’ bookmark? Is there an area in your life that needs to be addressed?

Would your closest family members say you are ‘happy’? How about your friends or neighbors?

For next week, consider what it means to be blameless and what it means to walk in the law of the Lord.