

SESSION 5: PSALM 119

Before I was afflicted I went astray, but now I obey Your word. Psalm 119:67

◀Using a concordance or Bible dictionary, look up the word “obey.” What does it mean?

◀One definition of obey is “to properly hedge about.” The picture is fencing in our lives with the Word of God, guarding our hearts and minds with the truths of Scripture. Read Deuteronomy 6:4. What are God’s commands in this verse?

◀Note the phrase “Hear O Israel” at the beginning of Deuteronomy 6:4. Look up and write down the definition of “hear.”

◀To hear is to obey. In times of great suffering, the Word of God is a light to our path, guiding and challenging our hearts. But reading and hearing are not enough unless followed by obedience. Go back to Session 1 of this study and read your “Before.” Has your perspective of “before” changed because of what you have been studying?

◀Write out Psalm 119:67.

◀ Looking back over this study, is there something the Holy Spirit is calling you to obey? Why not step out in obedience now? Write down what the Lord is calling you to do.

“Yes Lord, I will

◀ Look up Ephesians 5:10 and 5:17, Romans 14:18, and 1 Thessalonians 4:1. What is the common command in each of these ver

◀ If we compare these verses with Psalm 119:67, we get a clear picture of what we are to do with our suffering. Write out your understanding of how the Holy Spirit is calling you to please God:

◀ Whenever I see a passage describing what pleases God, I highlight it, and find out what the command or context is. Especially during times of suffering, this takes the guess work out of knowing how to please God. Suffering many times leads to survival mode, and it’s helpful to move past surviving to thriving and living. Look up Romans 8:26 and 8:34. What is the common word?

◀Using a dictionary and concordance, look up the definition of “intercede” to better understand what Jesus and the Holy Spirit are doing for you.

◀Take a moment to meditate on this truth. There is a three-way conversation happening in the Throne Room between God the Father, Jesus, and the Holy Spirit—and the conversation is about you. Take a few moments and write out a prayer of thanks:

“Thank You, God

◀Look up and write out Philippians 4:13:

◀Look up and write out Nehemiah 8:10:

◀There’s one adjective which appears five times in this passage. Go back to the passage on page 4, and mark this word—I like drawing a pink cloud around it. Where is this word used? What is it describing? To Whom is it describing?

◀In verse 66, “good” is the Hebrew word *tuwb*. It means good or goodness in the superlative sense—as in the best. It can also mean beauty, gladness, and welfare. As a cross reference, look up and write out Psalm 25:7.

◀In verse 68, a slightly different Hebrew word is used for “good,” *towb*. This word means good, pleasing, and delightful, and is the same word used to describe God’s creation in Genesis 1. It’s also used in Deuteronomy 5:33—as a cross reference, look up and write down this verse as well. What is described as good?

◀The word *tuwb* is used again in Psalm 119:71. In the KJV, “It is good for me that I have been afflicted that I might learn Your statutes.” Can you say the same thing? Why or why not? Can you step out in faith and say it is good to suffer or be afflicted?

◀Saying it is good to suffer or be afflicted does not mean you are playing the martyr. Nor that you intentionally look for suffering. But rather, in the suffering there is purpose—to learn God’s Word. Peace comes in the ability to acknowledge that suffering can be good. Read Ephesians 5:10 again. Would a step of faith—admitting that your suffering can be called good—be a way to please God? How could this be possible?

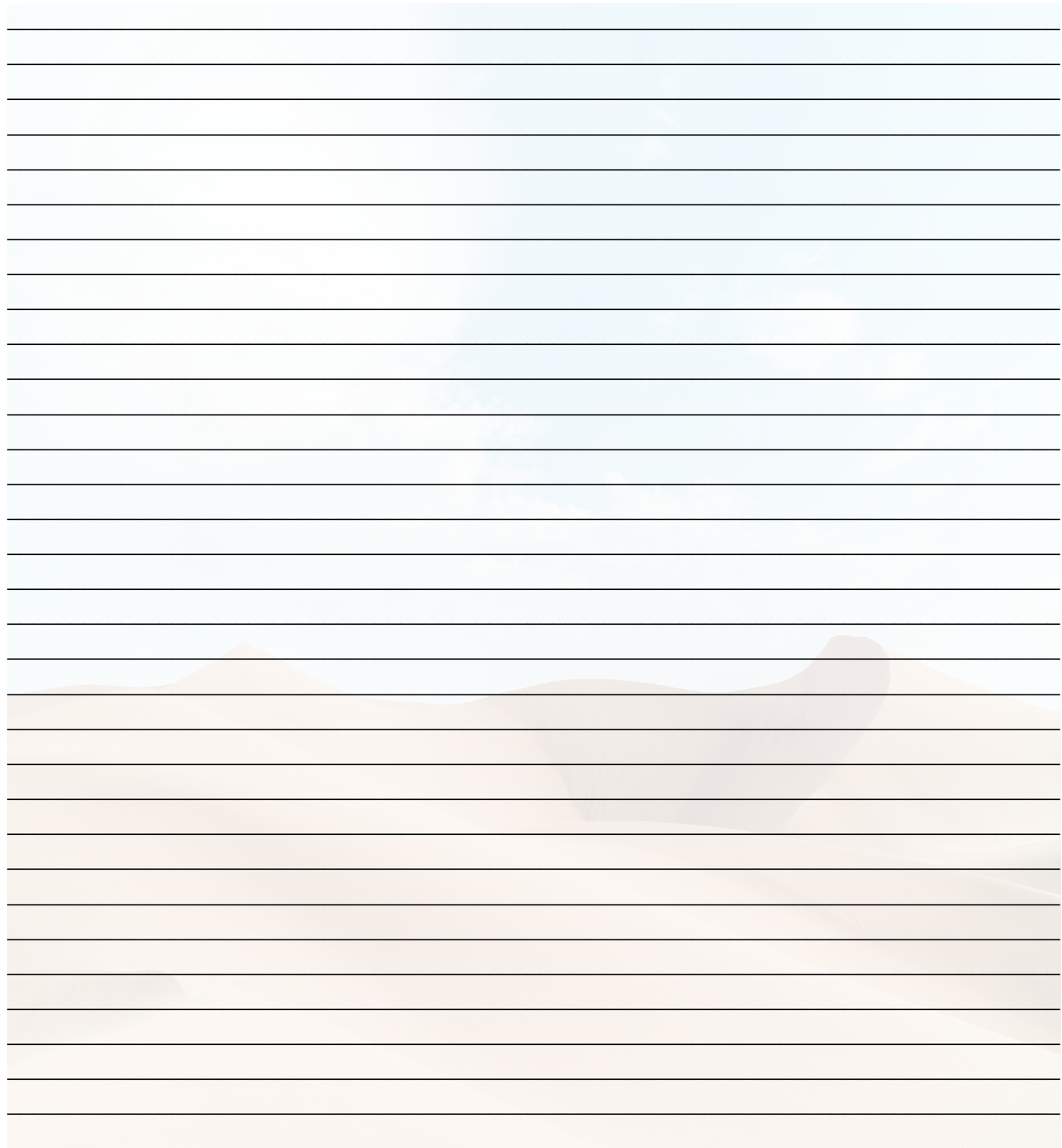
◀When we lay down our rights—our right to be healed, set free from affliction, or to have the trauma taken away—we are surrendering to God’s will and His timing, and this pleases God. Rather than fighting Him for healing, there is complete surrender.

◀God provides everything we need to please Him and to obey His Word. Our job is to step out in faith. You are good and what You do is good; teach me Your decrees. Ps 119:68. Go back and reread our focus passage at the beginning of the study. Write out key words found in the passage. Which ones stand out to you? How many times is God’s Word mentioned? How about suffering/affliction?

◀In my study, I wrote down the words “God,” “Good,” “Commands,” and “Affliction.” Or, to put it a little differently, God is good. Commands are good. Affliction is good. God is sovereign and He uses the good and hard things in our lives to draw us to Him—even suffering and affliction. And if we allow God to have His way and choose not to fight Him, we can get to a place of rejoicing and desiring to please Him IN the suffering. Yes, it is possible.

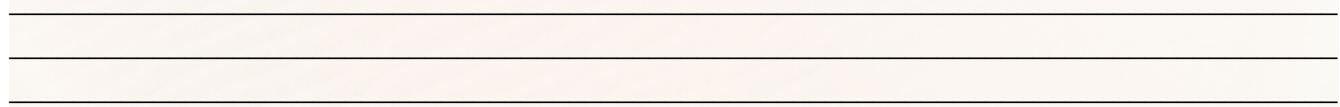
◀As we close this study, take time to reflect and be still before God. Does He have something to show you? Do you have something to say to Him? Allow yourself time to be fully still in His presence before you move on. Use the next few pages to write down your thoughts.

As we come to a close for this Bible study on Finding God's Sovereignty in our Suffering, our prayer has been that you indeed did find His Sovereignty and His comfort in your circumstances. Each of us has a unique story and testimony of how God met and meets our needs especially in our times of affliction. Take time to reflect and respond to the following Scripture – and write out other verses that came to mind as you studied. Maybe writing a prayer as your process through what you have learned as well. Being confident of this, that He who began a good work in you will carry it on to completion until



RESPOND

But as for me, how good it is to be near God! I have made the Sovereign LORD my shelter, and I will tell everyone about the wonderful things You do. Psalm 73:28







THE SEARCH

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