

The longest Psalm

The longest Psalm is a bit frightening, even for experienced Bible readers! Join us as we walk through this long poem, and be refreshed by God's word to your soul.

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Scripture taken from *The Holy Bible: ESV*

Day	Readings	Reference	Reflection/Question	Prayer
1	Blessed are those whose way is blameless, who walk in the law of the LORD!	Ps 119:1	<p>The Christian life is a journey. As God calls us to trust in him, we respond, one step at a time, in faith and dependence upon him. As we step along the path, we can be heartened by the shouts of encouragement found in the Bible. The journey can be made somewhat easier if we are looking for the signposts that God has laid out for us in his word.</p> <p>Has your Christian journey stalled? How might you start moving again?</p>	Lord God, please help me to take one step towards you today. Amen.
2	Your testimonies are my delight; they are my counselors.	Ps 119:24	<p>As we look at the world, we see wars—so many more than we could ever have imagined—and disease, drought and deadly storms, and evil wrought at the hands of despotic leaders. I don't think I'm the only one who is searching for answers, but I so rarely look for these answers in God's word. I need to be reminded that God's own testimony about the world are the truest truth there is, and that there is great comfort and even delight to be found there, even while the world burns.</p> <p>When everything seems to be going wrong, do you turn to God's word and find it delightful?</p>	God of all comfort, help me to see through the fog of pain, grief, death and destruction, to the comfort and delight you have given me in your word. Amen.
3	Turn away the reproach that I dread, for your rules are good.	Ps 119:39	<p>It's not easy to follow the rules. And when those rules are set by God – who can feel distant and absent and like a killjoy, who would even bother try and obey? But God is not distant or absent or a killjoy. Actually, it turns out that the opposite is the truth. He is with us, and longs for us to live by his rules, because that is the best way to enjoy the good he has in store for us.</p> <p>When are you tempted to doubt God's goodness?</p>	Loving Father, I'm sorry for the times when I have heard your rules and turned away from them. Please show me, again and again, how good your laws are, and give me joy in obeying them. Amen.

The longest Psalm (continued)

Day	Readings	Reference	Reflection/Question	Prayer
4	This is my comfort in my affliction, that your promise gives me life.	Ps 119:50	<p>Whether it's comfort food, friends, alone time, a bath, a shopping spree, or an expensive bottle of champagne in your pj's, we all have ways of finding comfort when life gets hard. And while there is nothing wrong with these things, the comfort they provide is only ever fleeting. Lasting comfort is found in God's promise to rescue us and meet our every need in Jesus.</p> <p>How do you comfort yourself when life gets hard? How could you incorporate God's word into this?</p>	Lord Jesus, please comfort me with the lasting hope and peace that only you can provide. Amen.
5	At midnight I rise to praise you, because of your righteous rules.	Ps 119:62	<p>There are many things I feel like doing when I find myself unintentionally awake at midnight: drinking water, eating, throwing pillows, and, most of all, sleeping. I never think to praise God, and definitely not for his "righteous rules". But that's how good his rules are—not that I would just happen to praise God for them when I find myself awake, but that I would specifically get up to spend time thanking and praising God for his life-giving rules.</p> <p>When was the last time you thanked God for the rules he has given us?</p>	Righteous Ruler, we praise you for your life-giving laws, and apologise for when we have disregarded them. Please help us grow into maturity, and help us love your word which is a lamp for our feet. Amen.
6	The law of your mouth is better to me than thousands of gold and silver pieces.	Ps 119:72	<p>It's easy to get caught up in making, saving and spending money. But the psalmist says that there is something better than money: the laws of the Lord. Money can be used for great good, but the love of money can be suffocating. Money can be used to love people, but also to oppress them. The laws of the Lord are life-giving, and do not oppress but rather free those who submit to them.</p> <p>Have you ever loved money more than God?</p>	Lord God, forgive us for the times when we have pursued worldly gain instead of seeking you. Teach us to love your word. Amen
7	My eyes long for your promise; I ask, "When will you comfort me?"	Ps 119:82	<p>Comfort can look like many things: hugs, cups of tea, a giant bowl of your favourite ice cream, binge-watching Netflix, or simply sleep. And while all those things are totally valid, have you ever thought to simply ask God to comfort you? It seems strange, seeing as he's a bit invisible, but God is the God of comfort, who can comfort you in ways you didn't even know were possible.</p> <p>Will you ask God to comfort you (or someone you know) today?</p>	Gracious God, please comfort me. I see difficult things all around me, and I know that I am not immune, so I ask that when I face trials and distress, that you will meet me in my deepest need, pouring out your grace and comfort on me. Amen

The longest Psalm (continued)

Day	Readings	Reference	Reflection/Question	Prayer
8	I am yours; save me.	Ps 119:94	You belong to him. He loves you and longs to save you. All you have to do is ask, and he will do it. Have you asked Jesus to save you?	Lord Jesus, thank you for loving me. Please save me from my sin. Teach me what it means to love you in return. Amen.
9	Through your precepts I get understanding; therefore I hate every false way.	Ps 119:104	There are several good reasons to read the Bible, including this one: by reading it you get smart! And this is what we are to do with our wisdom and understanding: God calls us to hate the false way. Knowing what is wise and true, we are called to live in wisdom and truth, and not follow the false way. It's not easy, especially when the world throws up some pretty attractive false ways. Do you hate the false way? When have you been guilty of following the false way?	Lord God, please forgive me for the times I have followed what is false instead of what is true. Please help me keep my eyes fixed on the truth found in your word. Amen.
10	I incline my heart to perform your statutes forever, to the end.	Ps 119:112	Forever is a long time. It seems like a bold claim for the psalmist to say that he will incline his heart to obedience forever. But it is comforting to know that God himself is the one who enables us to incline towards obedience, forever. We are empowered by the Holy Spirit, to obey God's life-giving laws, and we can do it, knowing that it is God working in us to bring his work to completion. Will you incline your heart towards obeying God, forever?	Loving Father, please enable me to obey you, today and forever. Amen.
11	It is time for the LORD to act, for your law has been broken.	Ps 119:126	No matter which way you look, God's laws are being broken in one form or another, everywhere around the world. Sometimes it seems like God is not acting, in the face of such wickedness and evil. But God's plan cannot be thwarted by even the most despicable evil, and he has not washed his hands of this world. God's laws have been broken, and he will bring justice, at the right time. It is our job to ask for the ability to hope in God's eventual justice. Are you tempted to think that evil has won?	Loving Father, please enable me to trust that your timing is perfect when it comes to enacting justice on the evil and wickedness in this world. Amen.

The longest Psalm (continued)

Day	Readings	Reference	Reflection/Question	Prayer
12	With my whole heart I cry; answer me, O LORD!	Ps 119:145	<p>There is something special about the raw passionate cry to God. It's like a direct line from our heart to God's heart. Be assured: God hears your cry. It's not wrong to cry out, to beg him to answer you. In fact, you might find that those times are the times when you feel closest to God, perhaps because you are praying honestly, from the heart.</p> <p>When was the last time you cried out to God?</p>	Dear God, thank you that you love to hear me pray. Please help me turn to you in my hour of need (and at other times), trusting that you want what is best for me. Amen.
13	Great peace have those who love your law; nothing can make them stumble.	Ps 119: 165	<p>I once heard a friend say they had bumped into a friend and asked how their Christian walk was going. The friend said, "O, I'm wobbling along." My friend replied, "No!! We're conquerors in Christ!!" The problem is that both of them are right. In all honesty, I am pretty sure my entire Christian walk is a wobble of one kind or another, but I also know that in Christ, I am a conqueror, because Christ is a conqueror. And we who love God are given peace in our hearts and minds that even when we stumble, we never fall so far as to fall out of grace.</p> <p>Are you stumbling in your Christian walk? Does knowing that in Christ you are a conqueror give you confidence to keep going?</p>	Heavenly Father, thank you that you hold me as I seek to walk and glorify you each day. Help me to keep taking steps towards you, and please assure me that you will never leave me. Amen.
14	I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments.	Ps 119:176	<p>After everything, this writer sees that it is not in his power to pursue God or remain obedient. Ultimately, he asks God to seek him. He asks God to chase him, to come for him, to find him and bring him home. He doesn't want to forget God's commandments, but he acknowledges that he needs God to do that work in him.</p> <p>Have you asked God to seek you?</p>	Lord God, please seek me, your servant. Bring me to you, show me your heart, and help me love you. Teach this fickle heart to worship you in every aspect of my being. Amen.