

Lesson 5: Psalm 119: 105-128

“Your testimonies are my heritage forever, for they are the joy of my heart.”
Psalm 119:111

Savor: taste and enjoy completely; delight in

“His delight is in the law of the Lord, and on His law he meditates day and night.”
Psalm 1:2

“Your words were found, and I ate them, and Your words became to me a joy and the
delight of my heart, for I am called by Your name, O Lord, God of hosts.”
Jeremiah 15:16

“Read, study, learn, and meditate on God’s Word, and you will find that it grows sweeter
and sweeter to your taste.”
James M. Boice

Day 1

Read Psalm 119:105-128

In verse 105, the psalmist declares that God's Word is a lamp to his feet and a light to his path. The Hebrew word for "light" that is used in this verse means "to be resplendent with light."

Webster's definition of resplendent is, "shining brilliantly; characterized by a glowing splendor."

Using these definitions, in a sentence or two, how would you explain the significance of knowing and using God's Word to direct your life's path?

Both the Old and the New Testament are rich in passages that reference light.

For example:

"...Even the darkness is not dark to You; the night is bright as the day, for darkness is as light with You". Psalm 139:12

"...God is light, and in Him is no darkness at all." 1 John 1:5

1. Read one or more of the following passages and marvel at how God was providing a light and a lamp for His people, even before His Word was ever recorded on paper or scroll.

Exodus 13:17-22

Exodus 14:19-25

Exodus 40:34-38

When we read these passages in Exodus, it's easy to see the miraculous, to sense the Spirit's presence, and to stand in awe of God's holiness. May we learn to have that same perspective, that same holy reverence, each time we open our Bibles. This same God of the "pillar of cloud and fire" is speaking to us today, guiding us and providing a path for us to follow as we take one step and then another. Just as the pillar of cloud by day and the pillar of fire by night did not depart from before the people, may we give thanks and praise that by His Word and through His Spirit, He promises to never leave us or forsake us. Immanuel, God with us, is dwelling in our hearts and minds as we open His Word and respond to His Word.

God's Word brings light to our paths during our days of gladness as well as during our nights of suffering and darkness, according to verse 105.

"A lamp is for night; light shines in the day. [The psalmist is declaring that God's Word is a] light for his darkness as well as for his days of gladness and rejoicing." Alexander Maclaren

2. God is our Light.

Psalm 27:1 What three descriptions of the Lord God are declared here?

The Lord is my ...

How do each of these characteristics of God intersect with (make a difference in) your present reality?

The Lord is my light, therefore ...

Psalm 36:7-9

Write out verse 9 in your own words:

Psalm 104: 1-4

Describe the brilliant garments of our God:

3. Jesus is the Light of the World.

John 1:1-13

Circle or highlight the many references to "light." Take time to meditate on the riches found here.

If you have the time, look up these additional verses in John. How is Jesus described?
John 8:12

John 9:5

John 12:35-36

4. Now read Isaiah 9:1-7 and Matthew 4:12-16.

Exactly what the prophet Isaiah foretold (down to the apostrophe) was fulfilled in the coming of Jesus our Messiah!

We praise you, Lord, that on us, “a Light has dawned.”

How are you affected by these passages? Write down your mental and emotional responses.

Psalm 89:15 -16

Who are the blessed ones?

How do those who walk in His light behave?

5. Questions for reflection:

- Where are you desiring the light of the Word to bring clarity to your day or your night? Be specific.

“Send out Your light and Your truth; let them lead me; let them bring me to Your holy hill and to Your dwelling!” Psalm 43:3

“Lift up the light of Your face upon us, O Lord.” Psalm 4:6

- In what areas of your life, or in the lives of friends or family members, do you need the Light Himself, to dispel the darkness and shine His glory?
“For it is You who light my lamp; the Lord my God lightens my darkness.” Psalm 18:28
- If you’re in a time of gladness, thank Him and specifically call to mind His many kindnesses.
“For God, who said, ‘Let light shine out of darkness’ has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.” 2 Corinthians 4:6
- If you’re in the midst of a time of darkness, find specific verses from Psalm 119 that describe your need for deliverance, wisdom, or guidance.
“Uphold us according to your promises, that we may live.” Psalm 119:116
“Deal with your servant according to your steadfast love.” Psalm 119:124
- Put your faith in this promise from the Light of the World:
“And I will lead the blind in a way that they do not know, in paths that they have not known I will guide them. I will turn the darkness before them into light, the rough places into level ground. These are the things I will do, and I do not forsake them.” Isaiah 42:16

6. End your study time by reading Revelation 21:22-22:5. Anticipate the day when the glory of God will be your sun by day and your moon at night. Bow in worship at the feet of the Lamb.

“Lead, kindly Light, amid the encircling gloom
Lead thou me on.
The night is dark, and I am far from home,
Lead thou me on.
Keep thou my feet; I do not ask to see
The distant scene; one step enough for me.”
John Henry Newman

“Now, I know in my experience that Jesus’ light is stronger than the biggest darkness.”
Corrie Ten Boom

“I delight to do Your will, O my God;
Your law is within my heart.”
Psalm 40:8

“Your testimonies are my delight;
They are my counselors.”
Psalm 119:24

“O Almighty God,
Who pourest out on all who desire it
the spirit of grace and of supplication:
Deliver us, when we draw near to Thee,
from coldness of heart and wanderings of mind,
that with steadfast thoughts and kindled affections
we may worship Thee in spirit and in truth,
through Jesus Christ our Lord.”
Amen.
The Book of Common Prayer

Day 2

Remember to keep storing up verses in your heart and mind! Spend a few minutes each day committing verses and/or stanzas to memory.

Read Psalm 119:105-128.

In Day 1, we focused on how the Word **is** our Light, as well as how the Word **brings** light to our path.

In verses 106-111, the psalmist lists several ways that the Word's light brings clarity to specific areas of our lives.

The light of the Word brings clarity / godly perspective to my:

Behavior (v.106)

Suffering (v.107)

Worship (v. 108)

Danger and enemies (v.109-110)

And in verse 111, we see that the light of the Word brings clarity to our *heritage*. As Richard Holdsworth explains, it's the testimonies of God, or "God's deed of gift", that point us to the promise and assurance of heaven, which is our ultimate heritage as believers in Jesus.

What specifically, does "God's deed of gift" tell us about our heritage? Why and how does the psalmist find such joy in this heritage?

1. Let's first take a look at the heritage, or inheritance, that the Lord gave the Israelites, His chosen people. Many Bible translations, including the ESV, often use the word "possession" in place of heritage or inheritance.

Exodus 6:8 (ESV): "I will bring you into the land that I swore to give to Abraham, to Isaac and to Jacob. I will give it to you for a possession. I am the LORD".

Exodus 6:8 (NKJV): "And I will bring you into the land which I swore to give to Abraham, Isaac, and Jacob; and I will give it to you as a heritage: I am the LORD."

Leviticus 20:24 (NIV): "But I said to you, 'You will possess their land; I will give it to you as an inheritance, a land flowing with milk and honey.' I am the LORD your God, who has set you apart from the nations."

Leviticus 20:24 (ESV): “But I have said to you, ‘You shall inherit their land, and I will give it to you to possess, a land flowing with milk and honey.’ I am the LORD your God, who has separated you from the peoples.”

In Hebrew, this word ‘flowing’ means to gush out.

Webster defines flowing this way: “moving continuously, fluent.”

Look up Deuteronomy 11:8-12 and Ezekiel 20:1-6.

Then, using all the descriptions from these passages, write a “realtor’s description” of this land for a potential buyer!

2. Now let’s take a look at the specific *heritage* the Lord God gave the Levites, the descendants of the tribe of Levi, one of the 12 tribes of Israel.

Read in Deuteronomy 10:6-9 the Lord’s instructions to the tribe of Levi spoken through Moses.

How is their inheritance described?

Here are additional references to the unique inheritance of the Levites:

Deuteronomy 18:1-2

Numbers 18:20-24

The book of Joshua gives a detailed account of all the lands/territories that the Lord God helped the Israelites conquer and possess. Moses, and then Joshua, completely followed the Lord’s instructions in giving specific lands to the 12 specific tribes.

Joshua 13:32-33 describes yet again the unique inheritance of the tribe of Levi. How would you describe the heritage of the Levites in your own words?

Why does the Lord keep emphasizing the fact that Moses gave the Levites “no inheritance”?

Is God punishing the Levites in some way? At first glance, this inheritance seems rather unfair, until we begin to understand what God is actually saying. The *ESV Study Bible* explains the Levites’ inheritance as “The implied blessing of perpetual nearness to the Lord’s presence.”

Look back at your “realtor’s description” of the Israelites’ inheritance. The Lord is saying that His nearness is **better** than that!

King David describes his inheritance this way in Psalm 16:5-6: “The LORD is my chosen *portion* and my cup; You hold my lot. The lines have fallen for me in pleasant places; indeed, I have a beautiful *inheritance*.” (emphasis added)

The author of Psalm 119 says it like this:

Verse 57: “The Lord is my portion...”

Verse 111: “Your testimonies are my heritage forever, for they are the joy of my heart.”

Here is verse 111 in two other translations:

Psalm 119:111 (BBE): “I have taken your unchanging word as an eternal heritage; for it is the joy of my heart.”

Psalm 119:111 (NIRV): “Your covenant laws are your gift to me forever. They fill my heart with joy.”

3. Look up the following passages to see **our heritage** as sons and daughters of the Living God. What terms and phrases are used to refer to this heritage? If you have the time, look up these passages in other translations, as well.

Psalm 73:25-26

Lamentations 3:23-25

1 Peter 1:3-5

Take a few minutes to describe, in your own words, our heritage as children of the King.

4. Read the following passages and answer this question:

What is the Father and Son's portion/heritage?

Deuteronomy 32:7-9

Psalm 33:12

Talk about **a most unfair exchange!**

5. Questions for reflection, in light of Psalm 119:111: "Your testimonies are my heritage forever, for they are the joy of my heart."

Do I really believe that God's Word and His living Presence are better to me than _____ (whatever means flowing abundance and lavish gifts to you)

Do my everyday thoughts, actions, and priorities confirm this biblical truth that the Lord's God-breathed, living and active testimonies are better to me than a life flowing and oozing with gold, silver, and life's richest physical blessings?

How well and often do I take advantage of this daily opportunity and privilege to store up, study, savor, pray through, steep myself in, surrender to, and sing about this amazing gift and heritage I've been given through absolutely no merit of my own?

Does the fact that I, a weak, sinful, lukewarm follower of Jesus, am the Lord's inheritance, motivate me to live a life pleasing to Him? How so?

- Plead with Him to give you His true and eternal perspective on the value, the preciousness, of His active Presence in your life.
v. 107 “Give me life, O LORD, according to your word!”
- Tell Him specific ways you desire to live in the good of your inheritance.
v. 106 “I have sworn an oath... to keep your righteous rules”
v. 109 “I do not forget your law”
v. 112 “I incline my heart to perform your statutes forever, to the end”

6. Read Ephesians 1:11-14. Take time to offer personal declarations of praise to Jesus, for securing and keeping for you an inheritance that is imperishable and unfading.
v. 108 “Accept my freewill offerings of praise, O LORD...”

“Great things He hath taught us, great things He hath done,
And great our rejoicing through Jesus the Son;
But purer, and higher, and greater will be
Our wonder, our transport, when Jesus we see.”
Frances J. Crosby

“For a day in Your courts is better than a thousand elsewhere.”
Psalm 84:10

“How lovely is Your dwelling place
O Lord Almighty
My soul longs and even faints for You
For here my heart is satisfied
Within Your presence
I sing beneath the shadow of Your wings.”
Matt Redman

“Please, sir, I want some more.”
Oliver Twist

Day 3

Read Psalm 119:105-128

In C.S. Lewis's book *The Lion, the Witch and the Wardrobe*, a young boy named Edmund suddenly finds himself in an enchanted land after entering a dusty old wardrobe in the home of his uncle. He immediately encounters the Queen of Narnia, who offers him "anything at all that he wants to eat." Edmund, without hesitation, requests, "Turkish Delight, your majesty." Immediately, several pounds of Turkish Delight appears, and Edmund begins shoveling it in. "Each piece was sweet and light to the very center and Edmund had never tasted anything more delicious. The more he ate, the more he wanted." Even after feeling sick, after having stuffed himself, "He still wanted to taste Turkish Delight again more than he wanted anything else."

The author of Psalm 119 has a similar intense hunger **for** and delight **in** the Word, but here's where the similarities end. Turkish Delight never satisfied Edmund; God's Word satisfies!

I think of Edmund when I read verses like Psalm 119:127, 119:162, or 42:1-2.

1. If you have the time, read through all of Psalm 119, and circle or highlight the many verses that use the word "delight," "love," or "better than."

If time is short, here are a few verses for your consideration:

Delight: 119:24,47,77,174

Love: 119:127,167

Better than: 119:72,103

What **brings** the psalmist joy and delight? What **is** the psalmist's joy and delight?

Chaucer, in his "Tale of Melibee" (c. 1386), first put this popular expression to paper: "**Familiarity breeds contempt.**"

That phrase that might be sadly true of some things, but certainly not the Word! As Charles Spurgeon said, "Familiarity with the Word of God breeds affection, and affection seeks yet greater familiarity."

As David declares in Psalm 19:8, “The precepts of the Lord are right, rejoicing the heart...” And in verse 10, “More to be desired are they than gold, even much fine gold...”

2. If we aren't at this place of finding our deepest delight in the Word, how do we get there?

Read Jeremiah 15:16, and notice the order of action.:

- 1.
- 2.
3. Then, “your Words became a joy and the delight of my heart.”

Read Isaiah 55:1-3. What specific actions does the Lord tell us to take in order to delight in Him?

1. Come
- 2.
- 3.
- 4.

3. While studying Psalm 119, I often find myself wondering and asking this question: How did the psalmist get to this place where he delighted in God's “testimonies as much as in all riches”? (v. 14) What exactly did he do to cultivate this delight? There's certainly not just one answer to this question, but I'm wondering if looking closely at his numerous requests might not bring us helpful illumination.

Have you noticed how often the author of Psalm 119 shouts out this plea: “Give me life, O Lord, according to Your Word!”? Or, how about the heartfelt requests to “incline my heart,” “open my eyes,” and “unite my heart”?

The psalmist knows without a doubt that he can't possibly muster up delight in his own strength. He can't begin to love the Word more than gold if left to his own devices. He knows the lukewarm state of his heart and affections. He cries out to the One who is eager to “take our hearts of stone and turn them into hearts of flesh” (Ezekiel 36:26).

David makes this appeal to His Lord in Psalm 86:4: “Gladden the soul of Your servant, for to You, O Lord, do I lift up my soul.”

Read Ezekiel 36:22-28 and be encouraged that the Father, through Jesus His Son, has already purchased a heart of flesh for us. Take hope in what he continually wants to do in us and is more than able to do, when our hearts feel cold, lukewarm, or unresponsive to His Words of life and delight.

Cry out to Him, using these specific *living* and *active* phrases.

Thank Him for how He first acted upon your heart through salvation.

Acknowledge your desperate need for His continued help to have a heart that delights in Him more than other things.

“Prayer is, therefore, not only the measure of our hearts, revealing what we really desire; it is also the indispensable remedy for our hearts when we do not desire God the way we ought.” John Piper

There are many painful reasons for a lack of joy/delight in the Word: chronic suffering, tragedy, loss, depression, and unrepentant sin, to name a few. These are real and most certainly not to be discounted. The scope of this study is unable to address the many varied reasons for a lack of joy in the Lord. If you find yourself in this place, *please* don't suffer alone. Share with a pastor, your small group leader, or a wise and trusted friend. Ask others to cry out to God on your behalf!

After doing that, here are a couple of suggestions for your consideration:

“Lay your dead hearts at Christ's feet, and plead in this manner: Lord, my heart is exceedingly dull and distracted; I feel not those enlarging, melting influences which thy saints have felt; but are they not chief material mercies of the covenant? Doest thou not promise a spirit of illumination, conviction, and humiliation? Is not holiness of heart and life a main branch of it? Dost thou not promise to write thy law in my heart? Now, Lord, these are the mercies my soul wants and waits for. Fill my soul with these animating influences, revive thy work of grace in my soul, draw out my heart towards thee, increase my affection for thee, repair thine image, call forth grace into lively exercise....Remember thy word unto thy servant...O quicken my dull heart according to thy word.” Oliver Heywood

“Resolve to spend most of your time in thanksgiving and praising God. If you cannot do it with the joy that you should yet do it as you can. You have not the power of your comforts: but have you no power of your tongues? Say not, that you are unfit for thanks and praises unless you have a praising heart and were the children of God; for every man, good and bad, is bound to praise God, and to be thankful for all that he hath received, and to do it as well as he can, rather than leave it undone...Doing it as you can is the way to be able to do it better. Thanksgiving stirreth up thankfulness in the heart.” Richard Baxter, an English Puritan and theologian

4. Use the following passages to answer this question:

What and whom does God delight in?

Matthew 3:16-17

Jeremiah 9:23-24

Psalms 147:10-11

Psalms 149:4

Zephaniah 3:9-17

“...verse 17 remarkably adds that God himself **will rejoice over you with gladness**, indicating that when God’s people seek him and follow him (Zephaniah 3:12-13), and rejoice in him and trust him, (vv. 14-16), then God personally delights in them. This is not an aloof, emotionless contentment, but it bursts forth in joyful divine celebration: **he will exult over you with loud singing.**” *ESV Study Bible*

5. Spend time thanking and praising our kind and compassionate Father, Who calls us to **come**, boldly, before His throne of grace. Find amazement in the truth that He delights *in* and sings *over* us, not because of anything we have done, but because of the sacrifice of His beloved Son.

“I will not forget
Your love for me and yet
My heart forever is wandering.
Jesus be my guide,
And hold me to your side,
I will love you to the end.

Thy Word is a lamp unto my feet and a light unto my path.”

Amy Grant/Michael W. Smith

“Teach me your way, O Lord,
That I may walk in your truth;
Unite my heart to fear your name.
I give thanks to you, O Lord my God, with my whole heart,
And I will glorify your name forever.

Psalm 86:11-12

Day 4

Read Psalm 119:105-128 and record the numerous “resolves” the psalmist makes in regard to the Word.

1. The **resolves** of the psalmist:

James M. Boice, in his commentary on these verses says, “If we are to walk as God wants us to walk, we must *determine* to do it, since there are many contrary paths and much opposition.” emphasis added.

The first “contrary path” laid out in these verses is double-mindedness (v. 113). Not only does the psalmist hate this trait in others, his numerous cries for help throughout Psalm 119 indicate that he finds the very same thing in himself. For a few examples, take a look at verses 5, 10, 29, and 36.

2. God’s Word gives many warnings about our tendency to be double-minded. Use these passages to answer the following questions:

James 1:5-8

James 4:4-10

Revelation 3:14-16

What brings about double-mindedness?

What are the characteristics of a double-minded person?

What are the antidotes to having a double-minded heart?

Is there an area of your life where you find yourself having a wandering, doubting, or double-minded heart?

Ask your Savior for His thoughts on this. Use the passages below, as well as verses from Psalm 119, to make your own personal pleas for His help to give you an undivided heart.

“Teach me your way, O LORD, that I may walk in your truth; *unite my heart* to fear your name.” (Ps 86:11, emphasis added)

“The LORD your God will *circumcise your heart* and the heart of your offspring, so that you will love the Lord your God with all your heart and with all your soul, that you may live.” (Deuteronomy 30:6, emphasis added)

3. Enemies are a frequent and major opposition to the psalmist. (See verses 115, 118, 119, 121, and 122.) Probably only a very few of us living here in America can relate to suffering due to enemies. However, all of us **do** have an enemy who is looking to destroy us. Scripture calls him, “the father of lies.” Although our God is infinitely more powerful than Satan, we do need to be aware of his wicked schemes. It is only with the Lord’s help that we can resist his lies and temptations.

What do you learn about your constant enemy from the following passages?

John 8:44

Matthew 4:1-11

What weapon did Jesus use to fight the devil's wicked schemes?

Eph 4:26-27

When do we give Satan a wicked opportunity?

Ephesians 6:10-18

How should we fight against him?

As disciples of the One who "disarmed the rulers and authorities" of the earth through His death and resurrection (Colossians 2:15), we have no need to fear this enemy.

"...He who is in you is greater than he who is in the world." 1 John 4:4

We do, however, need to be aware of his desire to devour us, so that we can be wise and watchful and well equipped to resist him. James, in chapter 4:7 gives us this promise: When we **submit** ourselves to God and **resist** the devil, he will flee from us.

4.. Questions for reflection:

- Where is the "father of lies" tempting you to doubt the character and ability of your faithful, trustworthy, loving, mighty God? Name them. Expose them to the light of God's Word and His Spirit.

- What specific steps do you think the Father of your soul desires you to take in order to “take up the whole armor of God”?

Conclude today’s lesson by reading and praying through 1 Peter 5:6-11.

- Humble yourself before God.
- Cast all your cares on the One who cares for you.
- Speak truth to yourself about God’s character.
- Consider finding verses that speak to your doubts/temptations and writing them down to look at through the day.
- Thank Him for the hope provided in His promise to “restore, confirm, strengthen, and establish you.”

“Two natures beat within my breast;

The one is foul, the other blest;

The one I love, the one I hate;

The one I feed will dominate.”

-Anonymous

For those wanting more on the topic of the enemy of our souls:

<https://www.desiringgod.org/messages/the-fall-of-satan-and-the-victory-of-christ>

You are a hiding place for me;
You preserve me from trouble;
You surround me with shouts of deliverance.
Selah
Psalm 32:7

For He will hide me in His shelter
In the day of trouble;
He will conceal me under the cover of His tent;
He will lift me high upon a rock.”
Psalm 27:5

“God never coerces us. In one mood we wish He would make us do the thing, and in another mood we wish He would leave us alone. Whenever God’s will is in the ascendant, all compulsion is gone. When we choose deliberately to obey Him, then He will tax the remotest star and the last grain of sand to assist us with all His almighty power. “

Oswald Chambers

Day 5

During Day 4, we looked at how the “contrary path” of sin, particularly a double-minded heart, and “opposition” from enemies, both physical and spiritual ones, were hindrances to the psalmist’s resolves, and **are** hindrances to ours, as well.

1. Read through Psalm 119:105-128 and answer the question. Use specific verses/phrases from this section to support your answers.

How much confidence and/or hope does the psalmist place in **his** own resolve and determination?

2.. Notice and record the psalmist’s many requests for God’s help in order to keep his resolves. For example, here’s how I would phrase verse 117: “God, I resolve to walk in Your ways continually, but I need You to hold me up.”

God, I am placing my hope here: v. 114, 116, 124

I need You to:

Once again, we are made aware of the tension in the Christian life, between our responsibility versus what only God can do. Notice the psalmist’s volley back and forth regarding his resolves. He resolves, on one side of the net. He declares his desperate need for Divine help, on the opposite side of the net.,

3. Look up the following verses to see how this mystery of the Christian life is explained. Keep in mind, however, there will still be some mystery after steeping yourself here! God's ways are not our ways. "For who has known the mind of the Lord, or who has been His counselor?" (Romans 11:34)

2 Corinthians 12:7-10

Colossians 1:29

1 Peter 4:10-11

Philippians 1:6

What is our responsibility in our sanctification?

What gifts does God provide?

Even in his determination to honor the commandments of God, the psalmist is keenly aware that he can't possibly obey even the simplest of commands without the divine help of his God. The psalmist knows his God, and because he is deeply steeped in the character of his God, he has great confidence in his God! Praise be to our covenant-keeping God that He **is tenaciously committed to our sanctification!**

"It is not my ability,
but my response to God's ability that counts."

Corrie Ten Boom

4. Read the following passages and record the actions/commitments of God regarding our growth in godliness:

1 Thessalonians 5:23-24

Ephesians 1:3-6

“The weakness of our graces, the strength of our temptations, and the diligence of our spiritual enemies, require strong resolutions. We must be “steadfast and immovable”, and this will make us “abound in the work of the Lord”. Let us frame believing, humble resolutions in the strength of God’s grace, with a fear of ourselves, but a confidence in God.” Stephen Charnock

5. The stanza for verses 113-120 has the title *Samekh*. This, the 15th letter of the Hebrew alphabet, means “pillar” or “prop.” The truth that the Lord is our pillar is certainly powerfully depicted through the psalmist’s declarations and blunt requests in this stanza.

In verses 114-117, what are the different nouns/verbs used that remind you of a strong prop or protector?

“The excellence of a shield lies in that it is hard and impenetrable.”

Thomas Manton

Scripture contains hundreds of references that refer to God as our Protector. Here's just a few for your consideration. Use the following verses to complete the sentence.

Psalm 3:3

Psalm 18:2

Psalm 32:6-7

The Lord is my:

The author of Psalm 119 also refers to God as his hiding place and shield (v.114). He then requests that this Shield “uphold” him (v. 116).

H. G. Salter, in *The Book of Illustrations*, explains that a true believer's state is like that of a kite soaring in the sky. The kite soars, only when the wind blows it, and a hand holds the string. The kite has no power whatsoever in itself, to keep it flying in the sky. It is completely dependent upon outside sources. We are like the kite, completely upheld by His power and His hand. Our “whole strength is in God alone;” our entire “security is in the unchangeableness of His nature, and in the efficacy of His grace.” “In a word, we are ‘kept by the power of God, through faith, unto salvation.’”

In verse 117, the psalmist makes a similar request, “Hold me up.”

Charles Bridges says this of verse 117:

“Not only the consciousness of my weakness, but the danger of the slippery path before me, reminds me, that the safety of every moment depends upon the

upholding power of my faithful God. The ways of temptation are so many and imperceptible—the influence of it so appalling—the entrance into it so deceitful, so spacious, so insensible—and my own weakness and unwatchfulness are so unspeakable—that I can do nothing but go on my way, praying at every step, “Hold thou me up, and I shall be safe.”

6. Conclude this lesson by reading Psalm 91.

Spend time in fellowship with the Most High.

- Ask Him to open your eyes to see His Son Jesus in this psalm.
- Thank your Savior that He held fast to His Father in love on our behalf (Psalm 91:14).
- Stand in awe that “His faithfulness is [our] shield and buckler” (Psalm 91:4)
- Remember and name specific ways the Almighty has:
 - “covered you with His pinions” (Psalm 91:4)
 - protected and delivered you from evil.
- Worship your Protector and Deliverer for His countless and eternal promises to be your:
 - Shield
 - Hiding Place
 - Refuge
 - Fortress
 - Rock
 - Horn of Salvation

“Now to Him who is able to keep you from stumbling and to present you blameless before the presence of His glory with great joy, to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.” Jude 24-25

“When I fear my faith will fail

Christ will hold me fast

When the tempter would prevail

He will hold me fast

I could never keep my hold

Through life’s fearful path

For my love is often cold

He must hold me fast

He will hold me fast

He will hold me fast

For my Savior loves me so

He will hold me fast”

“He Will Hold Me Fast,” Ada Habershon