

Spiritual Fitness - Knowledge

Have you ever read something that really challenged your thinking? Or maybe something that opened your mind up to a new idea? Sometimes we might become so familiar with a text that we forget that it might have any new impact in our lives. Amazingly, in Hebrews 4:12, the author says “the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

Psalm 119 is a psalm focused on the beauty, guidance, and teaching of God’s word. It is the longest chapter in the Bible. As poems go, the English translation doesn’t do it justice. The entire Psalm is an acrostic, going through all 22 letters of the Hebrew alphabet. There are 22 stanzas of eight verses each, and within each of the stanzas, the first word of each verse begins with the corresponding letter.

The entire poem is written in admiration of God’s Word, and the way God’s Word impacts and shapes our character and conduct.

Spiritual Fitness: Knowledge - Psalm 119:97-105

Warming Up

1. What would be something hard for you to give up?
2. What would you say you love the most? How does it affect the way you live or make decisions?

Into the Passage

Read Psalm 119:97-105

3. Throughout this passage, what is 'law', 'commandment', 'precepts', etc. referring to?
4. What do you think it means to 'meditate all the day' (verse 97)?
5. Do you believe that studying God's Word can make you wiser than all the wisdom of the world? Why or why not?
6. Why might God's law motivate you to stay away from evil?

Moving Forward

What's your relationship with God's Word like? Do you eagerly look forward to reading it? Do you find it a struggle? How can you Move Forward in your understanding of God's Word.

7. How much do you love God's Word?
8. What gives you direction in your life? Where has it taken you and what has it caused you to avoid?

Life Together

Living in community is not just a good idea, it is a God idea. Spiritual training like loving one another, serving each other and the community, and allowing others to help shape us like iron sharpens iron, best happen in a community.

9. How do we cultivate a love of God's Word? Spend some time in small groups brainstorming ideas and sharing how you study the Bible in your own life.

*I'm reminded of what Cat shared "It's not about how much I **have** to read my Bible, but how much I **get** to read."*

Leader's Guide : Spiritual Fitness - Character

These notes are primarily for the Into the Passage portion, and are to be used just as guidelines or commentary notes. Most of them are my own thoughts, so take that with a grain of salt. Let the Word of God lead you to truth, not these notes.

Into the Passage

Read Psalm 119:97-105

3. Throughout this passage, what is 'law', 'commandment', 'precepts', etc. referring to?

God's Word. More specifically it referred to the Torah - or God's commandments for how his people should live.

4. What do you think it means to 'meditate all the day' (verse 97)?

I'm reminded of Colossians 3:16 - "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts." When God's word is "dwelling" in your heart, it absolutely shapes your attitude and character throughout the day. Personally, to meditate all the day means to work to the point when I am certain of God's truths in every situation.

5. Do you believe that studying God's Word can make you wiser than all the wisdom of the world? Why or why not?

You can discuss this.

6. Why might God's law motivate you to stay away from evil?

God's law is sweeter and more precious than anything else. Do I really love God's commands more than this world? There's a challenging question? Normally we question God's Word, but accept the world's word. And yet, God has shown himself to be far more trustworthy than the words of this world.