

Psalm 119
week 1, v. 101

Think about the things or people you love. **How do you show your love towards them?**

Read verses 97-100.

In these verses which began our 13th section of 8, the first few words set the tone for the following scriptures. "O how I love Thy law!" Genuine love is expressed by devotion, obedience and preference. It fills our thoughts and becomes our reason for doing certain things. As we treasure those things we love, our affection for them increases all the more. In Psalm 119:101, the Psalmist continues to share his great passion for God's law and how it affects his life.

Ps 119:101 I have restrained my feet from every evil way, That I may keep Thy word.

KJV uses the word refrained.

<kala'> to restrict, by act 9hold back or in) or word (prohibit); finish, forbid, keep (back), refrain, restrain, retain, shut up, be stayed, withhold.

refrain: resist doing something

restrain: remain under control; place limits on; limit to within certain bounds

There is action and a decision involved when we restrain from doing something.

What do we use our feet for?

Our example is to choose to hold back from walking into trouble. Following God is marked by obedience. It's putting what God says above what we might feel like doing. Think about the times you wish you could 'take back'. Why do you feel that way? What choices did you make then? How would you change your action?

Why does David say he keeps from walking into evil ways?

that I might keep thy word

We've talked about the word keep <shamar> several times in the course of studying Psalm 119. **What does this word mean?** To hedge about, to guard, to preserve, to protect.

Other than keeping us out of trouble, why would we guard the word of God? Why would someone want to 'protect' their family name? Do we make association between a child's behavior and their parent(s)? What does it mean to represent someone or something?

To what extent do you avoid sin? Would you sacrifice pleasure? Relationships? Success? Money?

We increase in our knowledge and understanding of God by avoiding sinful choices and striving to follow God's commands.

Ps 19:9-10 The fear of the LORD is clean, enduring forever; The judgments of the LORD are true; they are righteous altogether. ¹⁰ They are more desirable than gold, yes, than much fine gold; sweeter also than honey and the drippings of the honeycomb.

Ps 119:72 The law of Thy mouth is better to me Than thousands of gold and silver [pieces].

Pr 8:10-11 "Take my instruction, and not silver, and knowledge rather than choicest gold. ¹¹ "For wisdom is better than jewels; And all desirable things can not compare with her.

What action can we take when we find ourselves close to stepping into sin? What happens to your relationship with God when you are guilty?

Do we keep from sin just to keep out of trouble? How do you show your honor to someone? What do our actions say about our reverence towards God?

Look back at Psalm 119:50-60.

Instead of losing hope when troubled where can we go?

When we are mocked, where do we turn?

When we get angry towards those against God, what do we do?

When we are in the middle of adversity do we remember that God is our inheritance and He will keep His promises?

Are we quick or reluctant to turn towards God?

Tit 2:11-12 For the grace of God has appeared, bringing salvation to all men, ¹² instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age,

1Pe 2:1 Therefore, putting aside all malice and all guile and hypocrisy and envy and all slander,

1Pe 3:10-11 For, "LET HIM WHO MEANS TO LOVE LIFE AND SEE GOOD DAYS REFRAIN HIS TONGUE FROM EVIL AND HIS LIPS FROM SPEAKING GUILE. ¹¹ "AND LET HIM TURN AWAY FROM EVIL AND DO GOOD; LET HIM SEEK PEACE AND PURSUE IT.

Can we practice evil and keep God's word?

Jer 14:10 Thus says the LORD to this people, "Even so they have loved to wander; they have not kept their feet in check. Therefore the LORD does not accept them; now He will remember their iniquity and call their sins to account."

Jer 2:23 "How can you say, 'I am not defiled, I have not gone after the Baals'? Look at your way in the valley! Know what you have done! You are a swift young camel entangling her ways,

Ps 1:1 How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!

There is no treasuring up the holy word unless there is a casting out of all unholiness: if we keep the good word we must let go the evil. David had zealously watched his steps and put a check upon his conduct, -- he had refrained his feet. No one evil way could entice him, for he knew that if he went astray but in one road he had practically left the way of righteousness, therefore he avoided every false way. The bypaths were smooth and flowery, but he knew right well that they were evil, and so he turned his feet away, and held on along the strait and thorny pathway which leads to God. It is a pleasure to look back upon self conquests, -- "I have refrained," and a greater delight still to know that we did this out of no mere desire to stand well with our fellows, but with the one motive of keeping the law of the Lord. Sin avoided that obedience may be perfected is the essence of this verse; or it may be that the Psalmist would teach us that there is no real reverence for the book where there is not carefulness to avoid every transgression of its precepts. How can we keep God's word if we do not keep our own works from becoming vile? Treasury of David

David's motivation for doing the right thing was to be faithful to God's word and therefore honor Him. We can be motivated by many things: wanting to look good, not wanting to get into trouble, living up to a standard set for us by superiors, gaining acclamation or praise, proving we are strong or worthy. When our motivation benefits ourselves we are limited to our own devices and will be weak.

When our motivation is centered on God's glory we have His resources to help us succeed.

What is your motivation for doing good?

Application Questions

Psalm 119:101

How would you define the action of love?

What action do you see the Psalmist taking because he loves God's word?

Obedience involves choosing. What does choosing God look like in your daily life?

Read Psalm 19:9-10. How would you apply this scripture?

Because of God's love towards us we can show our love towards Him. What do the following scriptures say we are able to do because of God in us?

Titus 2:11-12

1 Peter 2:1

1 Peter 3:10-11

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