TEACH ME LORD

Daily Insights from Psalm 119



Whispers Of Grace

Introduction

Deut. 30 v 19

I call heaven and earth to record this day against you that I have set before you, life and death, blessing and cursing therefore choose life that thou and thy seed may live.

This expression 'choose life' means to conclude or decide on a path to follow after a careful examination of the various outcomes it produces.

This means that the Christian path is not by accident, but it is based on knowledge, and that knowledge must be obtained with intention.

The Kingdom of God is knowledge dependant. Which means that many miss out on what God has planned for them simply because of a lack of proper knowledge.

Hosea 4:6 (AMP)

My people are destroyed for lack of knowledge [of My law, where I reveal My will].

All of life follows pathways, just think about the everyday habits and routines we follow, and how many of them without even thinking.

Many times I will park my car, and as I walk away I can't remember if I locked it or not. Yet, when I go back and check it is always locked. That action has just become a habit that I do without any real intention.

That is a small thing, but just think about all the things you can do during your day, that doesn't require your full attention or intention.

Our brains follow pathways, which create these habits. Some are good actions, but there are many mindless and bad habits that can seem too difficult to change but remember it is possible to change those pathways and create new ones.

A few years ago, I became very interested in how the brain works and how new habits are formed as I had been studying this scripture about renewing the mind.

Ephesians 4 v 17-24 (NKJV)

The New Man

This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

But you have not so learned Christ, if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.

I like how the NLT version puts it "let the Spirit renew your thoughts and attitudes."

This is a well-known portion of scripture and yet I was continually meeting Christians who were struggling with breaking free from old mind-sets, attitudes and habits.

I was constantly, praying for and counselling those who genuinely loved the Lord Jesus and had received Him as their Saviour, yet they were not able to experience the freedom and release from their past hurts and fears.

I began to ask the Holy Spirit to help me understand and show me how to help these precious souls.

My first encounter in this was when I had an accident with broken glass, which had cut right into the centre of the palm of my left hand. Cutting into the nerve stem for the fingers, resulting in the nerve to my middle finger being cut through completely.

The surgeon was able to do a nerve repair, which left a wound of 13 stitches across the palm of my hand. This in itself was a major concern. The doctors explained that this nerve would eventually grow again, but the scar tissue around the wound, will tighten the skin and cause the hand to go into a claw and they expected that it would take over a year of physio, to get to some level of function.

They did not expect me to have full function again.

My greatest concern was that I would not be able to play the piano as I used to. But as they were explaining everything to me, I get very excited in my spirit.

As the doctors said these words "The nerve will grow naturally, but the pathway to the brain is where you will have to do the work".

I heard the words – "RENEW your mind" and I said, I understand, tell me what to do and I will do it.

They were quite surprised, that I was so keen on doing the exercises and that I had understood why it was so important.

One doctor actually said "we tell everyone what to do, but very few listen – then they come back complaining that nothing is working."

To cut a long story short, I did every exercise they told me to do and more. 4 weeks after the surgery, when the wound had healed there was NO sign of scar tissue and the nerve had grown half way. At the 6 week appointment, they discharged me. No more appointments and no more physio. Praise God.

On top of doing the exercises that the doctors had given me, I also as an act of faith, played the piano (the best I could with one good right hand and the thumb and little finger from my left hand) and sang praises to God every day for about 2 hours. After all, I could do nothing else so I decided, I have the time, why would I waste it.

My only other choice was to sit about and grumble and mope about in boredom.

What I learned from this experience, was that the pathway to the brain, can develop very quickly. And if we are NOT intentional about our daily habits, we will find ourselves in places and conditions we never wanted or planned to be. Feeling trapped and hopeless.

I not only did everything the doctors said to do but I also put everything I had learned from the Word of God into practice. I believe it is important to engage both our spirit and bodies in our worship and service to God.

Every morning, first thing I spoke to my hand, saying "you are healing perfectly with no infection or scar tissue". Just like Jesus spoke to the tree.

And when the wound had healed, I began speaking to my brain, commanding it to create the right pathway for this nerve.

At first everything I touched felt strange, something cold would feel wet, something soft would feel like wire wool. So every day I would touch something and tell my brain "that's wrong, it doesn't feel like that" I would use my other hand to touch it and say "this is what it really feels like". It definitely required discipline but it was worth it because I was so determined to play the piano just as well as I could before.

Around that time, my youngest son was going into his last year of high school. He had been given an educational statement of special needs when he was in primary school, and required one to one continual assistance.

He was unable to read, and his report in high school said he had the reading skills of a five year old.

I hadn't really considered how much of a disability this would be as he left school and entered adult life. But one day it hit me, that school life had been very stressful and difficult for him, but it was coming to an end and his future was now important.

The thought came to me, to speak to his brain and command the right connections to be made. You see many times I had heard him say things like "The words are in my brain but I just can't find them".

So every morning as I left him of at school, I would take a few minutes in the car, and as I watched him walking into the building I would speak and declare blessings and healing over him, in the Name of Jesus.

Then one afternoon about 3 months later, I was waiting in the car, and saw my son and his assistant coming towards me, and they were laughing and almost skipping. This was a very unusual sight.

My heart was jumping with joy, as they told me that there had been a reading exam and how my son had started to read and instead of just struggling and stumbling over a few words he began to flow. Praise God, the right connections had sparked. He has excelled beyond all expectations.

I could testify more of what the power of God's Word has done for me and my family. But all I will say is, because of what He has done for me I am now passionate about helping others to discover more of what God's Word can do in their lives.

The Bible is full of Promises, Principles and Prophecies revealed in the patterns and pathways throughout every chapter and verse, and they are ALL for our benefit and learning.

2 Timothy 3:16 (NLT)

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.

There are negative patterns that follow families causing repeated cycles of pain and suffering. But these patterns can be destroyed and replaced with new patterns of blessings, peace and joy.

Many people lack direction in their lives, leaving them feeling hopeless and without purpose. Living a life of trial and error, believing that whatever will be will be. Thinking that some people are just luckier than others. This is NOT true for the Child of God who has had an encounter with the Ministry of the Word through the power of the Holy Spirit.

Life can be left to time and chance (LUCK) OR you can discover how to walk in the right paths, making the right choices and decisions which lead to better outcomes. You have a choice today!

LEARN TO ASK BETTER QUESTIONS

Remember, the question you ask will determine the answer you get!



For example, if you ASK – "What if this doesn't work out" then the answers you will receive will be all the things that could happen IF it doesn't work out.

BUT if you simply learn to ask a better question you will get the better answers.

The better question to ask would be "What if this does work out". Then all the answers will let you know all the possibilities that could come to you instead of just the negative things.

THE BEST WAY TO GET DIRECTION IN LIFE IS TO GET DIRECTION IN YOUR PRAYER LIFE.

We must learn the art of crafting our prayers to be scriptural and in line with God's heart.

Productive Prayer does not happen automatically – IT IS KNOWLEDGE DEPENDANT – just like everything in the Kingdom of God. So we must be taught how to prayer. Not from a religious prayer book etc. but from the scriptures by the greatest teacher of all, the Holy Spirit.

The Hearing of the Word creates faith and that faith creates action.

My whole approach to prayer was totally transformed when I learned this principle. Instead of begging God and praying whatever came into my mind, I was able to both talk and listen in prayer with purpose and intention, directed and instructed by the knowledge of God's will.

Now my desire is to help others to find that same confidence.

Why Study Psalm 119?



Psalm 119, reveals the difference between the Law of God and the Laws of Moses. As a child of God, we want to grow in the knowledge of our Heavenly Father, we are no longer required to live by the Law of Moses. Instead we must grow deeper into the LAW OF LIFE.

James 1:25 (NLT)

But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

The Precepts of God are fundamental laws of life as well as the pillars of God's Kingdom. They are the solid ground on which we build our lives securely upon.

The purpose of this bible study, is to help discover your Identity in Christ, find direction in prayer and to develop a new daily habit of seeking first the Kingdom of God and His Righteousness.

Most people have been living a LIE-dentity. Meaning, they have been reacting to what others have told them about who they are and what they can achieve.

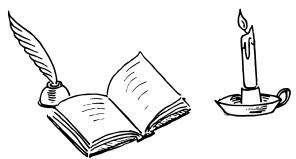
These 'words' spoken by others, have created our core belief systems and they continue to determine our choices and decisions.

This is more important than most people realise. Every choice and decision is determining our actions and every action is shaping and programming our future.

We can fight with people and what they have said OR we can discover what God has said and let his Holy Spirit change and renew our minds, thoughts and attitudes.

Psalm 119 is a great place to begin. Let's look at some interesting facts:-

- Psalm 119 is a beautiful, intricate poem that celebrates God's law and its enduring significance in the lives of believers. It's like a love letter revealing God's guidance and wisdom!
- Through each section Psalm 119 reveals to us how God's word is like a guiding light, offering wisdom, comfort, and transformation. It's like a roadmap for living a meaningful and faithful life!
- Psalm 119 is the longest chapter in the Bible with 176 verses. It is separated into 22 different portions, each about 8 verses, which makes it perfect for a daily bible study and prayer guide.
- Throughout Psalm 119, the common theme is understanding and knowing 'the Way of the Lord'. In each section it speaks about God's Law, using terms such as 'precepts', 'statutes', 'commandments', 'judgments', and 'word'.



- The study of Psalm 119 reminds us of the importance of meditating on God's Word. Not just reading over quickly and missing out on the great treasure of comfort and wisdom for everyday life.
- Our Father God has taken great delight in His children and by looking deep into Psalm 119, we can also develop devotion and reverence for God's precepts. As we grow in the knowledge of God, and His ways, we also grow in every area of our lives.
- Psalm 119 is quite unique. Each section is linked to the Hebrew alphabet. The first begins with the first letter and the second section with the second letter and so on.
- It is believed that Psalm 119 was written by an Israelite who had been taken captive by the Babylonians. It is thought that it was written under a great deal of stress. As this Psalmist was trying to figure out how to walk with God, since the priesthood and temple were not available to him, he goes straight to God's Word.
- Psalm 119 really is not designed to read all at once. It is best read slowly and prayerfully, section by section.
- Psalm 119 is a great place to begin, training yourself to meditate upon God's Word. Each section has a constant and systematic structure to it, which we can apply to our daily devotion.



How to Study Psalm 119



The key to your Bible Study is not just to read, but to:-

- Read
- Meditate
- and Listen.

This is why I love the Bible, you don't have to have a degree in theology – all you need is the mind that the Lord has given to you.

To meditate means to ponder deeply over and over. So as you read, there may be a verse, a line, or something in the text that seems to stand out. Stop, take time to ask the Holy Spirit questions like "What does this mean?"

Many times, the answer doesn't come immediately, but it will come. The Holy Spirit will be speaking, we just have to learn to listen.

Finding out what is written, reveals God's heart and will to us and it also helps us to craft personal prayers with wisdom, confidence and guidance.

DO YOU PREFER TO LISTEN? - You can follow along with our "Teach Me Lord" - Podcast. at https://www.youtube.com/@whispersofgrace

As you study Psalm 119, follow these 3 steps:-

1. Read one section per day from your own Bible.

Look for the main idea, theme or thought in this section. Meditate on that idea. We will call this idea or thought – God's Principle or God's Way. In the box 'KEY VERSE' write out the main verse or verses.

2. What are your thoughts or reasoning concerning this Principle?

Have you applied this to your life? What are your honest thoughts? Do you need a change in your attitude? Take the time to write in the box 'MY THOUGHTS'. Writing helps to engage your brain and aids meditation and focus.

3. Then finally, make your conclusion and craft your prayer.

Our conclusion must be to reconcile our thoughts and attitudes to God's thoughts. As God's way is presented to us, we can pray according to his will and he will instruct us as we go. Using your own words, take what you have read and make it personal as you talk and listen (PRAYING) to your heavenly Father. Use the box 'PRAYER POINTS' to help you.

1 John 5 v 14-15 (KJV)

And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

Day 1 Psalm 119 v 1–8

Date:

KEY VERSE	

MY THOUGHTS

PRAYER POINTS

Hebrews 4:16 (AMP)

Therefore let us [with privilege] approach the throne of grace [that is, the throne of God's gracious favor] with confidence and without fear, so that we may receive mercy [for our failures] and find [His amazing] grace to help in time of need [an appropriate blessing, coming just at the right moment].



Day 2 Psalm 119 v 9-16

Date: _____

KEY VERSE	

MY THOUGHTS

PRAYER POINTS

TOP TIP:

It is best to read from your own Bible, rather than from your phone or laptop etc. It is also good to highlight verses that speak to you as you read.

Where possible it is good to read aloud.

A website like Biblehub.com is good to compare the same verses in different translations. This gives different ways of saying the same thing, and can help open up the meaning more deeply.

A website like this can also give you some scriptures to cross reference with.



Proverbs 23 v26
My son, give me your heart, and let your eyes delight in my ways.

DAY 3 PSALM 119 V 17-24

Date: _____

KEY VERSE	

MY THOUGHTS

PRAYER POINTS

Proverbs 24v5 A wise man is strong, And a man of knowledge increases power.

Proverbs 2v6 For the Lord gives wisdom; from his mouth come knowledge and understanding

James 1v5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.



DAY 4 PSALM 119 V 25-32

Date: _____

KEY VERSE	

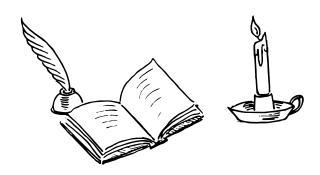
MY THOUGHTS

PRAYER POINTS

Remember to craft your prayer using the scriptures you have just read and meditated upon. You can use your own words if you want to.

Remember it is not just praying scriptures that God hears, it is praying according to His Heart and His Will. He wants you to connect with him.

Heart to heart and Spirit to spirit.



Hebrews 12:1 (NLT)

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

DAY 5 PSALM 119 V 33-40

Date:

KEY VERSE	

MY THOUGHTS

TOP TIP:

It is always good to reflect on what God has done for you and to give him thanks for those times in your past when he was working in ways you could not see.

Write 3 things you are grateful for today.

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DAY 6 PSALM 119 V 41-48

Date:

KEY VERSE	

Psalm 19 v 7 -14

The law of the Lord is perfect, converting the soul; The testimony of the Lord is sure, making wise the simple; The statutes of the Lord are right, rejoicing the heart; The commandment of the Lord is pure, enlightening the eyes; The fear of the Lord is clean, enduring forever; The judgments of the Lord are true and righteous altogether. More to be desired are they than gold, Yea, than much fine gold; Sweeter also than honey and the honeycomb. Moreover by them Your servant is warned, And in keeping them there is great reward. Who can understand his errors? Cleanse me from secret faults. Keep back Your servant also from presumptuous sins; Let them not have dominion over me. Then I shall be blameless. And I shall be innocent of great transgression. Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O Lord, my strength and my Redeemer.

DAY 7 PSALM 119 V 49-56

Date:

KEY VERSE	

What Is Biblical Meditation?

Biblical meditation is not simply about focusing upon ourselves, emptying our minds, or trying to achieve a state of calmness. It is very different from 'mindfulness'.

Biblical meditation is pondering the words of Scripture with a receptive heart, trusting the Holy Spirit to work in you through those words.

Reading and study are important, and enable us to meditate properly by helping us to understand the original meaning of a verse or phrase in its context. But to ponder is "to weigh in the mind" or reflect upon something.

By definition, it implies careful consideration and focused attention.

In the Hebrew language the words translated as 'meditate' imply something more than silent reflection. It's meaning is to whisper or murmur over and over.

Reading aloud and pondering deeply then the words will become more and more alive to us.



DAY 8 PSALM 119 V 57-64

Date: _____

KEY VERSE	

Self Reflection

The Parable of the Prodigal Son, is one of the most beautiful examples of self reflection. The Prodigal Son, 'came to his senses', meaning he finally was able to be honest with himself.

Luke 15 16-18 BSB

He longed to fill his belly with the pods the pigs were eating, but no one would give him a thing.

<u>Finally he came to his senses and said, 'How many of my father's hired servants have plenty of food? But here I am, starving to death!</u>

I will get up and go back to my father and say to him, "Father, I have sinned against heaven and against you....

Never be afraid to be totally honest before God, in fact, its the only way we can come before him. He already knows everything anyway and he will not turn you away.

Acts 3:19

Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord;

DAY 9 PSALM 119 V 65-72

Date: _____

KEY VERSE	

Psalm 138:8 BSB

The LORD will fulfill His purpose for me. O LORD, Your loving devotion endures forever--do not abandon the works of Your hands.

Philippians 1:6 BSB being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.



DAY 10 PSALM 119 V 73-80

Date: _____

KEY VERSE	

Remember to Count Your Blessings



DAY 11 PSALM 119 V 81-88

Date: _____

KEY VERSE	

Romans 8 v 35-39 BSB

Who shall separate us from the love of Christ? Shall trouble or distress or persecution or famine or nakedness or danger or sword?

As it is written:

"For Your sake we face death all day long;
we are considered as sheep to be slaughtered."
No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor principalities, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.



DAY 12 PSALM 119 V 89-96

Date:

KEY VERSE	



Matthew 24:35 BSB Heaven and earth will pass away, but My words will never pass away.

1 Peter 1:25 BSB but the word of the Lord stands forever." And this is the word that was proclaimed to you.



DAY 13 PSALM 119 V 97-104

Date: _____

KEY VERSE	

TIPS FOR A BETTER DAY

- Begin your day with reading your word and meditation
- Be Grateful
- Smile
- Eat Healthy
- Get some exercise
- Manage your time wisely
- Encourage Someone



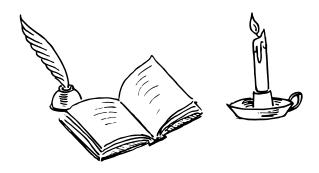
DAY 14 PSALM 119 V 105-112

Date:

KEY VERSE	

2 Peter 1:19 BSB

We also have the word of the prophets as confirmed beyond doubt. And you will do well to pay attention to it, as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts.



DAY 15 PSALM 119 V 113-120

Date:

KEY VERSE	

Safety of Abiding in the Presence of God Psalm 91 NKJV

He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust." Surely He shall deliver you from the snare of the fowler And from the perilous pestilence.

He shall cover you with His feathers, And under His wings you shall take refuge;

His truth shall be your shield and buckler. You shall not be afraid of the terror by night, Nor of the arrow that flies by day, Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday. A thousand may fall at your side, And ten thousand at your right hand; But it shall not come near you. Only with your eyes shall you look, And see the reward of the wicked. Because you have made the Lord, who is my refuge, Even the Most High, your dwelling place, No evil shall befall you, Nor shall any plague come near your dwelling; For He shall give His angels charge over you, To keep you in all your ways. In their hands they shall bear you up, Lest you dash your foot against a stone. You shall tread upon the lion and the cobra, The young lion and the serpent you shall trample underfoot. "Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him, And show him My salvation."

DAY 16 PSALM 119 V 121-128

Date:

KEY VERSE	

What is your favourite verse?

Write it here

DAY 17 PSALM 119 V 129-136

Date:

KEY VERSE	

5 Things NOT TO DO

- 1. Stop comparing yourself with others.
- 2. Stop holding unto the past let it go.
- 3. Stop focusing on what you don't have and appreciate what you do have.
 - 4. Stop looking for perfection, focus on progress instead.
 - 5. Stop procrastinating start actually working toward your goals

WRITE ONE THING YOU CAN DO TODAY THAT YOU HAVE BEEN PUTTING OF DOING

DAY 18 PSALM 119 V 137-144

Date: _____

KEY VERSE	

Matthew 5:18

For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.

Isaiah 51:6

Lift up your eyes to the heavens, and look upon the earth beneath: for the heavens shall vanish away like smoke, and the earth shall wax old like a garment, and they that dwell therein shall die in like manner: but my salvation shall be for ever, and my righteousness shall not be abolished.

DAY 19 PSALM 119 V 145-152

Date:

KEY VERSE	

Psalm 27:11 Teach me Your way, O LORD, and lead me on a level path, because of my oppressors.

Psalm 86:11
Teach me Your way, O LORD, that I may walk in Your truth. Give me an undivided heart, that I may fear Your name.

DAY 20 PSALM 119 V 153-160

Date:

KEY VERSE	

Learning to Listen

God is speaking - we must learn to listen.

My sheep hear My voice. I know them, and they follow Me. (John 10:27)

Check out our New Book Speak Lord your Servant is Listening

at www.whispers-of-grace.uk

DAY 21 PSALM 119 V 161–168

Date:

KEY VERSE	

30 Day Challenge

Doing a 30 day challenge is a great way to bring routine and direction into your everyday life.

Check out our new 30 Day Challenge Journal

www.whispers-of-grace.uk

DAY 22 PSALM 119 V 169-176

Date: _____

KEY VERSE	



Find out more at www.whispers-of-grace.uk

Other books available

Breaking Free from the Fear of Abandonment

How to Recognise the Spirit of Heaviness and How to Defeat It

Breaking Limitations One Day at A Time

Pillars of Fire on the Earth

Promotion Comes from God and Compensation is in His Plan

First Things First – How to seek first the Kingdom of God

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