



# UNSHAKABLY COMMITTED TO HIS WORD

WEEK OF 02/01/26

HOW TO GUARD YOUR LIFE

PSALM 119: 9-16

## Silence (1-2 minutes)

Sit silently together as a group for a minute as a way to center your heart and invite the Holy Spirit into this week's small group devotional.

## Opening Prayer (2-3 minutes)

**Read:** Psalm 119:9-16

## Devotional

We are continuing to lay the foundation for being **unshakably committed to God's Word** by spending a few weeks in Psalm 119. This psalm is the longest chapter in the Bible, made up of 176 verses and 22 stanzas organized according to the Hebrew alphabet. Psalm 119 celebrates the glories of the Word of God. C.S. Lewis said of this psalm: "Psalm 119 is not and does not pretend to be a sudden outpouring of the heart. It is a pattern, a thing done like embroidery, stitch by stitch, through long, quiet hours, for love of the subject [God's word] and for the delight in leisurely, disciplined craftsmanship."

God's word is inexhaustible! It speaks to the whole of our lives, from start to finish – so treasure it in your heart, and it will guard your life.

1. Think about your relationship with God's word. How would you describe it?

Our text this week begins with a question: How can a young man keep his way pure? The obvious answer in the context of the psalm is to guard it according to God's word. It is important to approach this question with the understanding that we are not the engine of our own sanctification. We cannot purify our hearts – only God can. We take in His word, and He does the work in us. All credit is always given to God. But what does that look like practically? How should we approach the word?

*Read Psalm 119:10-11 | **We are to approach the word wholeheartedly.*** This is our baseline, the norm of our lives. This is not so much about the accumulation of knowledge as it is the

seeking to understand the heart of our Father. Longing to know Him so we can follow after Him. There is no pretense of perfection, just a yearning at the level of our will and deepest desires. In other words, the Bible should excite us – we should crave it.

2. Verse 11 speaks of storing up God’s word in our hearts. The primary way to do this is scripture memorization. But the language of this verse connotes something beyond quantity (i.e., the amount of scripture we have memorized). It speaks of the quality of that which we are seeking and storing up. Allowing it to change our mind, the way we see ourselves and the world. When was the last time you were so enamored with the Scriptures that it actually changed your mind and caused you to repent and go in a different direction?

*Read Psalm 119:12 | **Secondly, we approach the word prayerfully.*** As we discussed in the introduction, we cannot produce sanctification or true heart change through our own strength. We cannot muscle our way to purity. We are dependent upon God to change us and move us toward holiness.

3. Read Philippians 2:12-16 and then Philippians 1:6. What command is given here? And what assurances do we receive?
4. What role does prayer play in our pursuit of Christlikeness?

*Read Psalm 119:15-16 | **Thirdly, we approach the word studiously.*** The prominent theme throughout all of Psalm 119 is a simple prayer: “Lord, teach me your statutes.” Psalm 111:2 also says, “Great are the works of the LORD, **studied by all** who delight in them.” Our hearts must be teachable and ready to receive the truth of the word. The life of a disciple is the life of a student, sitting at the feet of our Lord as we grow in grace and truth.

5. Many of us at WRCC are what we would affectionately call “Bible nerds.” But even the biggest Bible “nerd” feels a certain sense of awe (or fear) when approaching Bible study. Where do you feel you fall on this spectrum: 10 (I am confident I can rightly study God’s Word) to 1 (I am scared of even the thought of it!)?
6. We are blessed here in America to have access to so many Bible study resources, some of them free of charge. Study Bibles are a particularly helpful resource (e.g., the ESV Study Bible or the NIV Study Bible). What are some study resources you have found valuable in your study?

Read Psalm 119:13 | **Finally, we approach the word loudly.** From the Bible to our hearts – to our lips to the world. A natural result of loving the word is the desire to speak the word. As it is embedded in our hearts, we find it on our lips, in how we speak, pray, counsel, and care for others. John Goldingay explains: “While [speaking the Word] does not guarantee [our] commitment, it makes it harder to evade it. When we take things on our lips, they become a part of us; when other people have heard us say these things, it becomes shameful to do something other than what our lips have said.” Speaking the Word consistently shapes us, forms us, and holds us accountable.

7. What does it look like in your life to speak God’s word?
8. How does approaching the word wholeheartedly, prayerfully, and studiously lead to a vocabulary of life that speaks God’s word loudly to others?

**Today’s Big Idea: Guard your life by treasuring the Word – wholeheartedly, prayerfully, studiously, and loudly.** In His high priestly prayer, Jesus prayed for us, “Sanctify them by your truth; Your word is truth” (John 17:17). As we walk through our week, ponder these song lyrics in your heart:

*Holiness, holiness is what I long for. Holiness, is what I need.  
Holiness, holiness is what you want from me.  
So, take my heart and form it. So, take my mind transform it.  
Take my will, conform it. To Yours, to yours, oh Lord*

### **Closing Prayer**

Read Ephesians 1:15-23 and Colossians 1:3-8. If you are in a group setting, take a few moments to pray through these two passages for one another. If you are using this for a private devotional, consider praying these passages aloud to the Lord or journaling your prayer to God.

**Share Prayer Requests (10-15 minutes)**