



A LIGHT TO MY PATH  
**THE WAY OF BLESSING**  
PSALM 119:1-8

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**MAIN IDEA**

A life of blessing is only found by following God's path for your life.

**INTRODUCTION**

*As your group time begins, use this section to help get the conversation going.*

No one sets out to be unhappy. Having a cruddy, sad, miserable life is not in any marriage vows. In fact, the opposite is true. People want to have a good life that is full, happy, and blessed. This goal is probably why the world is full of people who will tell you the secret to happiness—if you just give them enough money. There are entire bookstores, television guides, and podcasts devoted to the topic of being happy in life.

- **What are some of the “world’s secrets” to being happy?**
  
- **What is wrong or even dangerous about staking your happiness on any of these things?**
  
- **How would you argue that following God's Word instead of the world will bring you more happiness or blessing?**

**UNDERSTANDING**

*Unpack the biblical text to discover what Scripture says or means about a particular topic.*

If you follow the world's plan for being happy you will set yourself up for failure because you will be focused on things that are counter to what Scripture teaches. The word for "blessed" can also be translated "happy." God's Word is the only place to discover what true blessing is and how to live a happy or blessed life.

> Have someone in your group read Psalm 119:1-3.

- **What do these verses say it takes to be blessed?**
  
- **How is it even possible to live a blameless life when we are all sinners?**

To be blameless derives from the Hebrew word for "perfect, unblemished." None of us are able to live without sinning, but do you strive for godliness? According to Psalm 119, the godly person is the happy person. That means to get this right we need to become people who seek to be on the path of God and stop fighting against His instructions. We cannot continually harbor sin and look to the world for happiness. We should not seek things that bring temporary pleasure at the expense of godliness. When verse 3 references "walk in his ways" it can mean a literal way—a path or road. It can also mean in the same manner. That's the goal for us as believers. To walk the way or path that God has for us and to walk it in a manner that reflects who we serve as our Lord and Savior.

- **How does seeking after the things of the world keep us from godliness?**

- **What are some things people tend to seek after that are not God?**
  
- **Why do we struggle with obeying God and turning from sin?**

> Have someone in your group read Psalm 119:4-6.

Note the shift in tense in these verses. The writer made it personal. That is exactly what we are being faced with today. Taking the Word of God from general precepts and instructions into personal application can be challenging but it is always worth the effort.

- **Why do we need to understand the personal application of Scripture?**
  
- **What are some things that help you apply God's Word to your life more effectively?**

It is interesting to note that God wants us to keep His commands because it honors Him but also to enjoy the blessings that will follow obedience. God is not a selfish God. He is the God who loves us and wants us to experience the good things, the blessing that comes from following the way He has laid out.

The psalmist moved from general to personal and then into a prayer. This is a powerful reminder that in order to obey God and follow His way, we need to ask Him for the strength, courage, will, and wisdom to obey. As men and women with a flesh nature, we will struggle to stay true to the commands of God and will need to be like the Psalmist

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who slips quickly into prayer. When we turn to God in prayer, we are doing exactly what we should do in seeking after the Lord and His way with our whole heart.

- **When was a time you experienced the blessing of God because you chose obedience?**
  
- **On a scale of 1-10 with 1 being “First thing I do” and 10 being “Once I try everything else” where do you rate yourself on turning to God in prayer? Why?**
  
- **How can you be more intentional about making prayer your first response when faced with the choice to obey God or do your own thing?**

> Have someone in your group read Psalm 119:7-8.

These verses remind us of a powerful truth about God’s righteous rules. We must learn them if we want to have any hope of keeping them. That is why study and discussion of Scripture is vital to believers. We also need to realize that merely learning God’s Word and filling our heads with it is useless unless we put it into practice and live it out. This is what the blessed life is all about.

- **Which are you typically more focused on: learning God’s Word or living God’s Word? Why? What can you do to be intentional about the other?**

One of the results of learning the manner God wants us to live in is that it shines the light on our sin. Without God, we can't live a life that is pleasing to Him. The Psalmist spoke to that truth in verse 8.

- **Why do you think he followed his commitment to obey God with a plea for God to not forsake or leave him?**

The psalmist recognized his need for divine grace and mercy. Even though he had the desire and even the will to follow through on his commitment to the Lord, without the power of God at work in him it would not happen. It is a beautiful thing for a Christian to recognize and admit their great need for the Lord. It is only when we are living in the power of the Holy Spirit that we are able to please God and honor Him with our lives. Then we can be people who praise the Lord with an upright heart!

- **What usually happens when you are living life in your own strength instead of relying on the Lord?**
- **What makes you recognize your need for the Lord's strength most often?**
- **What do you think it means to praise God with an upright heart?**

**APPLICATION**

- **Start each day this week with a declaration of your dependence on and need for God. Say it out loud, write it on your bathroom mirror or on an index card you carry around, or make it your lock-screen on your phone—keep it visible so you will be reminded throughout the week that you need God’s power in your life.**
- **What truth from this passage can you begin to pray over another person this week? Start that daily prayer today.**
- **Is there anything you have based your happiness on instead of following the ways of the Lord? What changes do you need to make to truly live a life of blessing?**

**PRAY**

Thank God for caring about how you live your life and showing you the best way to go. Confess any place you have fallen short or chased after the wrong things. Commit to learning God’s righteous rules and then to living by those truths.

## PSALM 119:1-8

**119:1.** Psalm 119 begins on a note exclaiming the happiness of those who walk according to the Lord's instruction (cf. Pss 19:8[9]; 119:16, 111, 162, 165). It is striking that the terms *'ašrê* ("how happy"), *hlk* ("walk"), and *tôrâ* ("instruction") are all found in Psalm 1. In many versions *tôrâ* is rendered as "law," but CSB properly construes it as "instruction," because its nuance is teaching or guidance. The Lord instructs one how to lead a good and godly life. Self-direction does not lead to happiness, but the good life is ordered according to the way of the Lord.

**Notes:**

**119:2.** The introductory *'ašrê* ("Happy") links v. 2 to v. 1 as it specifies what it means to walk according to the Lord's instruction. It entails keeping the decrees of the Lord because the blameless ones seek him wholeheartedly. The verb *drš* ("seek") suggests an intense effort to find, and this is reinforced by the phrase "with all their heart." They do not regard obeying God's word just as their duty but also as their delight that emerges from their inner life.

**119:3.** Not only do the blameless do what is right before God (vv. 1–2), but they also avoid what is wrong. The Lord's ways are the right ways, and to diverge from his ways places one on the path of what is perverse (*'awlâ*), that is, antithetical to his character and will (cf. 2 Chr 19:7; Ps 92:15[16]). Those who are blameless imitate the Lord in their ways as they walk in his ways.

**119:4.** The Lord does not merely offer his suggestions or opinions, but he decrees his commands. Because the verb *swh* speaks of the authoritative order by a superior, when the Lord commands he expects to be obeyed. The Lord, then, calls humans to be obedient in their response, and those who are blameless diligently do what the Lord has decreed.

**119:5.** In his exclamation in v. 5 the psalmist implies that his obedience is imperfect. He longs to be consistent in obeying God's statutes and for his practices to conform better to the Lord's pattern. He expresses his desire that the Lord would establish him, so that his steps will be steady on his way (cf. v. 133).

**Notes:**

**119:6.** The conjunction 'āz ("then") connects v. 6 with v. 5. If the psalmist is indeed committed to obeying the Lord's commands, then he will not be ashamed. In Psalm 119 both active disobedience and passive neglect of God's word lead to shame (cf. vv. 31, 46, 80). The psalmist must contemplate with favor all that God has commanded (cf. v. 15), not selecting what he prefers but obeying completely what the Lord has required.

**119:7–8.** Taking the stance of a learner, as he does frequently in Psalm 119 (cf. v. 12), the psalmist responds positively to the Lord's righteous values expressed in his rules. What he has learned from the Lord prompts his lips to praise the Lord. He resolves to live what he has learned. However, realizing that he is prone to incomplete commitment to the Lord's commands (cf. vv. 5–6), he calls on the Lord not to abandon him, a request found also in several lament psalms (cf. Pss 38:21[22]; 71:9, 18).