



A LIGHT TO MY PATH
A WORD FOR THE WEARY
PSALM 119:25-32

MAIN IDEA

When you feel weary and worn out, you can find strength in the Word of God.

INTRODUCTION

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

Think about how you respond when you look at the fuel gauge in your vehicle. Are you one who fills up before it gets close to empty or the one who pushes it to see how far you can go on what appears to be an empty tank? You may even fall somewhere between those two extremes. One thing we can all agree on is that when the fuel is all gone, a car or truck won't run any longer. Without necessary power or fuel, the vehicle will cease to be effective in fulfilling its purpose. The same is true of us as believers. When we get weary and drained, we miss out on the life God has for us until we can refresh and refuel.

- **Which type of person are you regarding your vehicle fuel gauge? Why?**
- **How do you see that attitude being positive or negative as it relates to your spiritual walk?**

UNDERSTANDING

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

> Have someone in your group read Psalm 119:25.

David was feeling worn out and drained. Becoming weary is inevitable. The key is what you choose to do when you feel in need of revival. When you are physically, mentally, emotionally, or spiritually drained there is a temptation to cling to what you feel will refresh you. The world offers plenty of options that seem like they will give you what you need but only God's Word is truly life giving.

In this verse, David provided a couple of examples of what to do when you get run down or weary. First, we must recognize the reality. He described himself as having a soul that "clings to the dust." This use of the word "dust" gives a strong indication that this was not just the kind of tired that comes from a restless night but a weariness that feels more like death. Instead of trying to ignore how you feel, accept the reality, and then do something about it.

David also asked God to "give me life according to your word". It is easy to fall into the trap of looking to other things or people for the help we need when in reality only God has the ability to restore life to us.

- **What typically wears you out and drains you?**
 - **Where do you turn most often when you need refreshing and reviving?**
 - **What happens when you cling to the wrong things and trust them to refresh you?**
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- **Why do we sometimes struggle to recognize or admit to reality when we are weary or drained?**
- **How has God's Word given life when you needed it?**

> Have someone in your group read
Psalm 119:26-28.

When the psalmist stated that he had told of his “ways,” he was referring to being honest with God about everything. Many people want to declare their good things or even their obvious struggles, but we tend to hold some of our “ways” more closely and try to hide them even from the Lord. He already knows all there is about us. We need to learn to be honest and transparent with God so we can live in the freedom that comes with a right relationship with Him, and He can teach us His statutes more effectively.

Never forget that you can ask the Lord for help in understanding His Word and how to live it out. That is exactly what David did in verse 27. He asked God to give him understanding and he also committed to meditating on the wonderful works of the Lord. There is so much good to be found in remembering all God has done. It fuels your faith to recall how God has never let you down, has fulfilled every promise He ever made, has provided for you and loved you even when you did not deserve it, and all the other good works you've benefited from over the years.

- **Why do you think we have a hard time telling all our “ways” to God, without holding some things back?**
 - **When you want to understand something, the best thing to do is ask the expert. What does this mean for why we should ask God for help in understanding Scripture?**
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- **How has reflecting on God's "wonderful works," strengthened your faith?**

Verse 28 offers the visual of being weary to the point of feeling weighed down until you can't even stand any longer. David said, "my soul melts away from sorrow" (v. 28). Have you been there? Do you remember what it feels like to feel so heavy or sad in your soul that even standing seemed impossible? You are not the only one. David, the man after God's own heart, described that feeling accurately. Take heart that even when it gets that bad, you are still not beyond receiving the help and strength you need from the Lord.

- **How does this kind of sorrow of soul make us humble and ready for God to strengthen us?**

> Have someone in your group read
Psalm 119:29-32.

How do you recognize when something is false? The best way is to know the truth so well that the false version is obvious. That is probably why the psalmist immediately followed his request for help against false ways with a request for the Lord to graciously teach His ways. David knew that to be protected from believing and following untruth, he must know the truth. The same is true of us. We are surrounded by false teachings that are counter to God's Word and we need to be protected from their influence.

- **How has knowing God's Word protected you from believing untruth?**

- **When was the last time you petitioned God to teach you His law?**

In this section of Psalm 119, the psalmist reiterated his commitment to knowing, obeying, and clinging to the Word of God. His words remind us that we get to choose the way we will go. We can choose the way of faithfulness or the path of unfaithfulness. It's that simple. If you decide to choose the way of faithfulness, then having God's rules set before you will be beneficial to your success. This goes back to what you make the priority and what you set your focus on.

When you set your focus on the Lord then you will be more likely to cling to the testimonies of God rather than the dust. These verses show us how the psalmist came full circle as he was intentional about knowing God's Word and putting aside the false ways that he might be strengthened by the Lord. Consider this: clinging implies more than just holding on to. You cling to what is important to you or what you feel you desperately need. What will it take for God's people to recognize how desperately we need the Lord and His Word for strength when we are weary?

- **What picture comes to mind when you think about clinging to something?**
- **How have the testimonies or stories of God made a difference in your life?**

APPLICATION

- **What will you do to reach out to someone who is clinging to the wrong thing, person, or relationship, with the truth of Scripture this week?**
- **Pray by name for an individual who does not have a relationship with Christ.**
- **As a family, what false way do you need to put far away from you and choose to obey truth instead?**

PRAY

Thank the Lord for being your strength when you are weak. Show gratitude that He is always there for you, even when you are too weary to stand up. Ask for sensitivity to the people around you that you may be used by God to show them the hope they can find in Jesus.

PSALM 119:25-32

119:23. In language that echoes the hypothetical situation envisioned in Ps 27:10, the psalmist anticipates the possibility of powerful princes conspiring against him, which raises the contempt by the arrogant in vv. 21–22 to a higher level. Even should this come to pass, he will not be intimidated by the powerful to give up his obedience to the Lord’s statutes. Knowing that he serves the Lord fortifies him against the potential threats of human princes. **Notes:**

119:24. As in vv. 2, 14, 77, 92, 143, 174, the Lord’s decrees are the psalmist’s delight. In contrast to the arrogant, who wander from the Lord’s commands (v. 21), he finds in God’s word a cadre of counselors who provide wisdom for life.

119:25. The psalmist feels devoid of life, as his *nepeš* (often elsewhere rendered as “soul”) cleaves to the dust. He is not just having a down day, but he is experiencing a time of real need because dust is a frequent biblical image for humiliation (cf. Job 16:15; 30:19; Ps 44:25[26]; Isa 47:1). In his plight he turns to the Lord and beseeches him to give him life, or revive him according to the promises in his word, such as in Lev 18:5 when the Lord says, “Keep my statutes and ordinances; a person will live if he does them.”

119:26–27. He has been open and honest before the Lord in describing the needs of his life, and the Lord has answered his petitions in the past (cf. Pss 69:16; 118:5). In his present distress he takes the stance of an attentive student before his divine teacher as he acknowledges that he continues to need to keep learning from the Lord. He wants to go beyond simply knowing what the Lord has said to understanding its meaning. He asks the Lord to help him understand as he ponders what the Lord has done and to learn from his wonderful deeds. In the OT the *niplā’ôt* (“wonders”) include the Lord’s acts of deliverance for individuals (cf. Ps 9:1[2]; 40:5) and also his acts of salvation for the people of Israel (cf. Exod 3:20; Josh 3:5; Ps 78:12). By meditating on his personal history and on the history of the people of God, he will be strengthened to face his challenge, and his heart will be drawn toward worship of the Lord.

119:28. His affliction has drained him dry because grief has exhausted him. Without an infusion of strength, he cannot stand, so he calls on the Lord to fortify him as he has promised to do in his word (cf. v. 25). **Notes:**

119:29. Once again, as he calls on the Lord to keep him from the deceitful way, the psalmist implies that he is susceptible to wandering. Proverbs 14:12 states that “there is a way that seems right to a person, but its end is the way to death,” so as in Ps 139:24 the psalmist asks the Lord to remove the “offensive way” from him. Whatever deviates from the Lord’s way is deceitful and false, but the instruction of the Lord will keep him on the right path. Though he may stumble into sin, he values the truth of God’s word over falsehood.

119:30. He has chosen the way of truth instead of the way of deceit (v. 29), making a deliberate decision to choose the way of the Lord as his own course for life. Rather than blazing his own trail, he reads and heeds God’s road signs.

119:31. The verb *dbq*, “cling” is also found in v. 25, where “my life is down in the dust” is literally “my life clings to the dust.” As he has cleaved to the dust, so he cleaves to God’s word (v. 31). Doubtless his oppressors derided him for his commitment to what the Lord has said, so he pleads with the Lord not to put him to shame. He fully expects the Lord to be faithful to him in his need, and he has no backup plan. If the Lord does not strengthen him (cf. v. 28), the psalmist would suffer humiliation and shame.

119:32. Using the metaphor of running (*rws*, rendered in CSB as “pursue”), the psalmist again suggests his enthusiastic attitude as he delights in God’s word. Goldingay notes that the standard biblical image is walking in the law of the Lord, but running “is another way of suggesting not mere compliance with Yhwh’s expectations but living by them enthusiastically and energetically,” and this contrasts with running to do evil (cf. Prov 1:16; 6:18; Isa 59:7). His obedience is not perfunctory but passionate, as God’s commands liberate his heart to run in the way of the Lord.