

Wednesday Refuel

“A prayer for greater understanding”

Psalm 119 Vs 25-32 “Part 4”

Introduction:

As hard as we try, we are not always able to keep troubling situations from affecting us.

We may attempt to remain joyful in the midst of trials, and we may even be able to disguise our hopelessness with a smile and a joyful disposition.

However, when we are honest with ourselves and with the Lord, **we admit** that we are drowning in despair, at times we are barely able to keep our heads above the waters of depression and discouragement.

This was the condition of the psalmist when he wrote this section of Psalm 119.

Here He expressed the depth of his hopelessness with two very sad statements:

“My soul cleaves unto the dust” (v. 25)

“My soul melts from heaviness” (v. 28)

Most likely, the circumstances that brought this low state were the criticism and scorn he referred to in the previous section of this psalm (vv. 22–23).

REMEMBER: He was being persecuted because of his faithful obedience to God’s Word.

With solid faith in the power of God’s Word, The Psalmist cried out to the Lord for help.

The same should go for us, *When we Are Broken, Weary, and Sorrowful.*

1. Ask God to revive you by His Word (vv. 25–27).
2. Ask God to strengthen you by His Word (vv. 28–32).¹

¹ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher’s Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 113.

Psalms 119:25 My soul clings to the dust; Revive me according to Your word.

NLT: *I lie in the dust; revive me by your word.*

O: My soul **clings to the dust**; **Revive me** according to **Your word**.

I:

- The psalmist was utterly broken and depressed by the circumstances he was forced to bear.
- By saying, "My soul cleaves unto the dust," he was expressing that he felt close to death, about to return to the dust from which he was made (**Genesis. 3:19** In the sweat of your face you shall eat bread Till you return to the ground, For out of it you were taken; For dust you *are*, And to dust you shall return.).
- The psalmist used a strong image to say that he felt near death in his current crisis;

SIDE NOTE: dust was the **place of death**, the **place of mourning**, and the **place of humiliation**.

Revive me according to **Your word**.

- Consequently, he asked God to breathe life into his fainting soul through the power of His comforting, encouraging Word.

A:

From this low place, this place of sorrow, the prayer for *restoration* came.

The psalmist asked for life and strength to be restored, and he asked that it happen **according to Your word**.

According to Your word shows us that God *uses* His word in bringing us to restoration.

Psalms 119:26 I have declared my ways, and You answered me; Teach me Your statutes.

NLT: *I told you my plans, and you answered. Now teach me your decrees.*

O: I have **declared my ways**, and You answered me; **Teach me Your statutes**.

I:

Proverbs 28:13 He who covers his sins will not prosper, But whoever confesses and forsakes *them* will have mercy.

The idea behind **I have declared my ways** is that the psalmist told God *everything* about himself and his life. He confessed fully and freely before God. Guzik

Also the Psalmist here states that the Lord has always responded to him when he opened his heart.

The real question is do we declare our ways daily?

teach me your statutes; he desired to learn and obey, in gratitude for being heard and answered by the Lord.

A:

Psalm 119:27 Make me understand the way of Your precepts; So shall I meditate on Your wonderful works.

NLT: *Help me understand the meaning of your commandments, and I will meditate on your wonderful deeds.*

O: Make me understand the way of Your precepts; So shall I meditate on Your wonderful works.

I:

He wanted God to use his unbearable circumstances to take him deeper into the treasures of God's eternal truths.

He longed to understand the Scripture in a greater way than he ever had before so he could *talk* or *meditate* (siach) on God's wondrous works²

Make me understand the way of Your precepts: The psalmist understood that he needed more than *knowledge*; he also needed understanding. With both he could **meditate on God's wonderful works**.

A:

Make me understand: When you really dig into God's Word one goes beyond a "mere understanding" of the words to a profound eye opening understanding of what they reveal about the nature of God, the gospel, and God's ways.

SO TO TIE IN AND APPLY THE LAST 3 VERSES:

When we are so low that we feel like we cannot go on any longer, we need to keep three important things in mind:

1. God invites us to cast our burden on Him (**Psalm. 55:22** *Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved*).

Remember one of the greatest lessons of Psalms is that we have the liberty to empty our heavy hearts at God's throne, holding nothing back. Like the weary psalmist, we need to open ourselves up completely to the Lord.

2. We need to remember God's faithfulness to us in the past.

We are here to face our current trials because God brought us through our past trials.

Just as the Lord answered when we cried out to Him before, He will hear and help us this time as well.

² Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 113.

3. Meditating on God's Word will sustain and strengthen us to press on.

God made a wonderful promise to us: if we ask Him for **wisdom about our troubles**, He will give it to us

James. 1:2–5 2. My brethren, count it all joy when you fall into various trials, 3 knowing that the testing of your faith produces patience. 4 But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing. 5 If any of you **lacks wisdom**, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

Just as the psalmist asked God to teach him and give him understanding about His Word, **we too should pray for the Lord to give us insight into His ways as revealed in Scripture**.

We should ask God's Spirit to guide us into the truth of Scripture and to bring to mind what we have been taught: **John 14:26** **But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.**

What it boils down to God's Word is sufficient for every trial of our life.

Remember this: at the powerful Word of the Lord, the dead are raised to life again.

Jesus spoke, and Jairus's daughter, the widow's son, and Lazarus all came back from the dead. In like manner, God's Word—the Scripture—can breathe new life into our trials and revive your tired, weary souls.³

³ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 114.

Psalms 119:28 My soul melts from heaviness; Strengthen me according to Your word.

NLT: *I weep with sorrow; encourage me by your word.*

O: My soul melts from heaviness; Strengthen me according to Your word.

I:

So now having received energy from the Scripture throughout his life, the psalmist called on the Lord once again to strengthen him by His Word.

The problems surrounding the psalmist (verses 17-24) made his soul heavy, as if it would melt. He felt that he had no strength or stability within.

Feeling like his soul was melting from heaviness, the psalmist did the only thing he knew to do.

He confessed he was collapsing beneath the weight of sorrow.

It was greater than he could bear.

He may have been saying that he was weeping from the deepest part of his soul.

Or, he may have been expressing that his sorrow had completely broken him down, reducing him to the point of death.⁴

A:

In the dark spots of life, when our **soul melts** in tears, the God of all comforts us with a single verse of Scripture that lifts us up and strengthens us to go on.

⁴ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 114.

Psalms 119:29 Remove from me the way of lying, And grant me Your law graciously.

NLT: *Keep me from lying to myself; give me the privilege of knowing your instructions.*

O: **Remove** from me the **way of lying**, And **grant me Your law graciously**.

I:

This verse is interpreted one of two ways:

1. The psalmist was being tempted to stoop to the level of his attackers. His enemies, which included civil officials, were slandering him and making false accusations against him according to **verse 23** *Princes also sit and **speak against me**, But Your servant meditates on Your statutes.*

He needed God's protection because he did not want to displease the Lord by resorting to their sinful, worldly ways.

Therefore, he asked God to **remove** (sur) or **turn him away** from the path of lying and deceit.

He was confident that God's holy Word would minister the grace he needed to stay on the path of righteousness.⁵

2. The Psalmist wanted Lying to be removed from him.

Lying: deception, misleading falseness, i.e., **a state or condition which is utterly false, and causes a mistaken belief**.

The Psalmist desired to be right and upright, true and in the truth; but he feared that a measure of falsehood would stick to him unless the Lord took it away, and therefore he sincerely cried for its removal.⁶

The Psalmist did not want to misrepresent the Lord in his **actions** or his **speech**!!

1John 1:6 If we say that we have fellowship with Him, and walk in darkness, **we lie** and do not practice the truth.

Ephesians 4:25 Therefore, **putting away lying**, "LET EACH ONE OF YOU SPEAK TRUTH WITH HIS NEIGHBOR," for we are members of one another.

Lying here includes every form of dishonesty, whether it is the "shading of the truth", exaggerating, cheating, not keeping promises, betrayal of confidence, flattery, or fudging on income taxes. The Christian's word should be absolutely trustworthy. Our yes should mean yes, and his no, no. BBC

Grant me Your law graciously: The thought is, If we are to be kept from sin, it must be by the **grace of God** exercised through the teaching of his Word." (Boice)

⁵ Leadership Ministries Worldwide, [Psalms: Chapters 107–150](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 114.

⁶ C. H. Spurgeon, [The Treasury of David: Psalms 111-119](#), vol. 5 (London; Edinburgh; New York: Marshall Brothers, n.d.), 191.

Psalms 119:30 I have chosen the way of truth; Your judgments I have laid *before me*.

NLT: *I have chosen to be faithful; I have determined to live by your regulations.*

O: I have **chosen** the **way of truth**; **Your judgments** I have laid ***before me***.

I:

"I have chosen the way of truth."

- The Psalmist clearly hated the way of lying, so he chose the way of truth: a person must choose one or the other, for there cannot be any impartiality in this case.
- People do not drop into the **right way by chance**; they must **choose it**, and continue to choose it, or they will soon wander from it.
- There is a doctrinal way of truth which we ought to choose and that truth is clearly written in the Bible.⁷
- Spurgeon says, "The commands of God must be **set before us as the mark to aim at, the model to work by, and the road to walk in.**"

Your judgments I have laid before me."

- What he had chosen he kept in mind, laying it out before his mind.
- People do not become righteous by a half-hearted wish: there must be a time of study, reflection, discussion, fellowship, prayer, or **the way of truth will be missed.**⁸

A:

⁷ C. H. Spurgeon, [*The Treasury of David: Psalms 111-119*](#), vol. 5 (London; Edinburgh; New York: Marshall Brothers, n.d.), 192.

⁸ C. H. Spurgeon, [*The Treasury of David: Psalms 111-119*](#), vol. 5 (London; Edinburgh; New York: Marshall Brothers, n.d.), 192.

Psalms 119:31 I cling to Your testimonies; O LORD, do not put me to shame!

NLT: *I cling to your laws. LORD, don't let me be put to shame!*

O: I **cling** to Your **testimonies**; O LORD, do not put me to **shame**!

I:

John 8:31 Then Jesus said to those Jews who believed Him, "If you **abide** in My word, you are My disciples indeed.

*"I **cling** to Your testimonies"*

- Here the Psalmist grabbed hold of the divine word.
- This was his comfort, and his faith stuck to it, his love and his obedience held on to it.
- His choice was so whole-heartedly and purposely made that he stuck to it for life, and could not be removed from it by the accusations of those who despised the way of the Lord.⁹

Side Note: In the beginning of the section, he is clinging to the dust (verse 25); by the end he is clinging to God's word. In the beginning he is laid low; now he is joyfully running with all his strength in the race God's word sets before him. Guzik

O LORD, do not put me to **shame**!

Here the Psalmist still realizes his proneness to wander, and cries to the **LORD** for **dependence**.

1John 2:28 And now, little children, **abide in Him**, that when He appears, we may have confidence and **not be ashamed before Him** at His coming.

A:

Like the psalmist, we need to pray for God to protect us from giving in to our unholy desires.

We need to reaffirm our commitment to stay true to God's Word.

God can strengthen us to endure persecution, and His Word can empower us to conduct ourselves in a way that pleases Him.¹⁰

⁹ C. H. Spurgeon, [*The Treasury of David: Psalms 111-119*](#), vol. 5 (London; Edinburgh; New York: Marshall Brothers, n.d.), 192.

¹⁰ Leadership Ministries Worldwide, [*Psalms: Chapters 107-150*](#), vol. III, The Preacher's Outline & Sermon Bible (Chattanooga, TN: Leadership Ministries Worldwide, 2016), 115.

Psalms 119:32 I will run the course of Your commandments, For You shall enlarge my heart.

(NLT) I will pursue your commands, for you expand my understanding.

O: I will run the course of Your commandments, For You shall enlarge my heart.

I:

Hebrews 12:1 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and **let us run with endurance the race that is set before us**,

It is when God give us big hearts, not big heads, that we can run the course and keep His commandments.

A: