

Crave

What are you really longing for?

A twenty-two day
journey to loving God's
Word more

The longest chapter in the Bible, Psalm 119,
talks about the love for God's Word.
Journey with us for twenty-two days and let us fall in love
with God's Word even more.

This daily devotional breaks Psalm 119
into bite-size pieces that are easy
to think through and hopefully apply in our lives.



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What are you really longing for?

Desire to Walk in God's Word

¹Blessed are they whose ways are blameless,
who walk according to the law of the LORD.

²Blessed are they who keep his statutes
and seek him with all their heart.

³They do nothing wrong; they walk in his ways.

⁴You have laid down precepts that are to be fully obeyed.

⁵Oh, that my ways were steadfast in obeying your decrees!

⁶Then I would not be put to shame when
I consider all your commands.

⁷I will praise you with an upright heart as
I learn your righteous laws.

⁸I will obey your decrees; do not utterly forsake me.

Psalms 119:1-8



CHEW ON THIS

- Why do you think did the psalmist desire to walk in God's decrees?

- In verse 4, how should we respond to God's precepts?

- How much do you desire to walk in God's Word? What steps do you think can help you live out what God says?



GOODIE BAG

Oh, that my ways were steadfast in obeying your decrees!

Psalms 119:5

We experience God's blessing when we live according to His Word.

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How to Live a Pure Life

⁹How can a young man keep his way pure?

By living according to your word.

¹⁰I seek you with all my heart; do not let me stray from your commands.

¹¹I have hidden your word in my heart that I might not sin against you.

¹²Praise be to you, O LORD; teach me your decrees.

¹³With my lips I recount all the laws that come from your mouth.

¹⁴I rejoice in following your statutes as one rejoices in great riches.

¹⁵I meditate on your precepts and consider your ways.

¹⁶I delight in your decrees; I will not neglect your word.

Psalm 119:9-16



CHEW ON THIS

- To live a pure life, what is the secret according to these verses?

- How did the psalmist hide God's Word in his heart (vs. 15,16)?

- How does this apply to you today?



GOODIE BAG

How can a young man keep his way pure? By living according to your word.

Psalm 119:9

God's Word in us empowers us to live pure lives.

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What are you really longing for?

Not a Chain but a Delight

¹⁷Do good to your servant, and I will live; I will obey your word.

¹⁸Open my eyes that I may see wonderful things in your law.

¹⁹I am a stranger on earth; do not hide your commands from me.

²⁰My soul is consumed with longing for your laws at all times.

²¹You rebuke the arrogant, who are cursed and who stray from your commands.

²²Remove from me scorn and contempt, for I keep your statutes.

²³Though rulers sit together and slander me,
your servant will meditate on your decrees.

²⁴Your statutes are my delight; they are my counselors.

Psalm 119: 17-24



CHEW ON THIS

- When you hear the word "law," how does it make you feel?

- How does verse 18 help you change your perspective or impression on God's law?

- For you, how is God's law a delight?



GOODIE BAG

Your statutes are my delight; they are my counselors.

Psalm 119:24

Knowing God's Word helps us see and enjoy the blessings it brings.

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What are you really longing for?

Where to get Strength

²⁵I am laid low in the dust; preserve my life according to your word.

²⁶I recounted my ways and you answered me; teach me your decrees.

²⁷Let me understand the teaching of your precepts;

then I will meditate on your wonders.

²⁸My soul is weary with sorrow; strengthen me according to your word.

²⁹Keep me from deceitful ways; be gracious to me through your law.

³⁰I have chosen the way of truth; I have set my heart on your laws.

³¹I hold fast to your statutes, O LORD; do not let me be put to shame.

³²I run in the path of your commands, for you have set my heart free.

Psalms 119:25-32



CHEW ON THIS

- What was the psalmist asking God to do in verses 25, 28, and 31?

- In what area or concern in your life do you need God to intervene?

- What promises in God's Word can you claim for your current situation?



GOODIE BAG

My soul is weary with sorrow; strengthen me according to your word.

Psalms 119:28

Let God's Word be your ultimate source of strength to face life.

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What are you really longing for?

God, Help!

- ³³Teach me, O LORD, to follow your decrees; then I will keep them to the end.
- ³⁴Give me understanding, and I will keep your law and obey it with all my heart.
- ³⁵Direct me in the path of your commands, for there I find delight.
- ³⁶Turn my heart toward your statutes and not toward selfish gain.
- ³⁷Turn my eyes away from worthless things; preserve my life according to your word.
- ³⁸Fulfill your promise to your servant, so that you may be feared.
- ³⁹Take away the disgrace I dread, for your laws are good.
- ⁴⁰How I long for your precepts! Preserve my life in your righteousness.

Psalm 119:33-40



CHEW ON THIS

- Whose help is the psalmist asking? What was he asking God to do for him?

- What common hindrances or challenges stop people from living according to God's Word?

- How can God help you today follow His Word?



GOODIE BAG

Teach me, O LORD, to follow your decrees; then I will keep them to the end.

Psalm 119:33

We are not left on our own to follow God's Word---we can ask God's help.

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What are you really longing for?

Confidence in the Word

⁴¹May your unfailing love come to me, O LORD,
your salvation according to your promise;
⁴²then I will answer the one who taunts me, for I trust in your word.
⁴³Do not snatch the word of truth from my mouth,
for I have put my hope in your laws.
⁴⁴I will always obey your law, for ever and ever.
⁴⁵I will walk about in freedom, for I have sought out your precepts.
⁴⁶I will speak of your statutes before kings and will not be put to shame,
⁴⁷for I delight in your commands because I love them.
⁴⁸I lift up my hands to your commands,
which I love, and I meditate on your decrees.

Psalms 119:41-48



CHEW ON THIS

- Why do you think was the psalmist so confident about God's Word?

- Why can we trust and put our hope in the Word of God?

- How much do you trust the Bible? Why do you trust God's Word?



GOODIE BAG

I will speak of your statutes before kings and will not be put to shame . . .

Psalms 119:46

The unchanging Word of God is something we can trust, put our hope in, and build our lives on.

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What are you really longing for?

Source of Comfort

⁴⁹Remember your word to your servant, for you have given me hope.

⁵⁰My comfort in my suffering is this: Your promise preserves my life.

⁵¹The arrogant mock me without restraint, but I do not turn from your law.

⁵²I remember your ancient laws, O LORD, and I find comfort in them.

⁵³Indignation grips me because of the wicked, who have forsaken your law.

⁵⁴Your decrees are the theme of my song wherever I lodge.

⁵⁵In the night I remember your name, O LORD, and I will keep your law.

⁵⁶This has been my practice: I obey your precepts.

Psalms 119:49-56



CHEW ON THIS

- What did the psalmist do to God in verse 49? What promise has God given you that you can claim?

- The psalmist took comfort in God's "ancient laws." What experience did you have with God seeing you through past circumstances?

- How does remembering God's promises in His Word help you persevere through tough times?



GOODIE BAG

I remember your ancient laws, O LORD, and I find comfort in them.

Psalms 119:52

God's Word comforts because it shows us that what He did before, He can also do today.

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What are you really longing for?

Set to Obey

⁵⁷You are my portion, O LORD; I have promised to obey your words.

⁵⁸I have sought your face with all my heart;

be gracious to me according to your promise.

⁵⁹I have considered my ways and have turned my steps to your statutes.

⁶⁰I will hasten and not delay to obey your commands.

⁶¹Though the wicked bind me with ropes, I will not forget your law.

⁶²At midnight I rise to give you thanks for your righteous laws.

⁶³I am a friend to all who fear you, to all who follow your precepts.

⁶⁴The earth is filled with your love, O LORD; teach me your decrees.

Psalms 119:57-64



CHEW ON THIS

- How did the psalmist decide to respond to God's Word?

- Why is it important to obey God's commands immediately? What does "obeying God's Word later" imply? Why?

- How have you been obeying God's Word so far?



GOODIE BAG

I will hasten and not delay to obey your commands.

Psalms 119:60

Obedience must be absolute—immediate and complete.

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What are you really longing for?

Learning from Affliction

⁶⁵Do good to your servant according to your word, O LORD.
⁶⁶Teach me knowledge and good judgment, for I believe in your commands.
⁶⁷Before I was afflicted I went astray, but now I obey your word.
⁶⁸You are good, and what you do is good; teach me your decrees.
⁶⁹Though the arrogant have smeared me with lies,
I keep your precepts with all my heart.
⁷⁰Their hearts are callous and unfeeling, but I delight in your law.
⁷¹It was good for me to be afflicted so that I might learn your decrees.
⁷²The law from your mouth is more precious to me
than thousands of pieces of silver and gold.

Psalm 119:65-72



CHEW ON THIS

- From this passage, where did the psalmist run to when he was facing affliction? How did this benefit him?

- How has God helped you through His Word when you faced tough situations before?

- What are you currently facing? How do you think can God's Word help you at this time?



GOODIE BAG

It was good for me to be afflicted so that I might learn your decrees.

Psalm 119:71

When you find yourself confused and groping for answers, know that they are all written in the Bible.

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What are you really longing for?

Living Testimony

⁷³Your hands made me and formed me;
give me understanding to learn your commands.
⁷⁴May those who fear you rejoice when they see me,
for I have put my hope in your word.
⁷⁵I know, O LORD, that your laws are righteous,
and in faithfulness you have afflicted me.
⁷⁶May your unfailing love be my comfort, according to your promise to your servant.
⁷⁷Let your compassion come to me that I may live, for your law is my delight.
⁷⁸May the arrogant be put to shame for wronging me without cause;
but I will meditate on your precepts.
⁷⁹May those who fear you turn to me, those who understand your statutes.
⁸⁰May my heart be blameless toward your decrees, that I may not be put to shame.

Psalm 119:73-80



CHEW ON THIS

- As the psalmist lived his life, many eyes were on him. How can you relate with him? How do you feel about the truth that people are watching you?

- Where did the psalmist get his confidence to live for God even under the scrutiny of the world?

- Why can we be confident on choosing to remain on God's side even amidst opposition (Romans 8:31, 2 Corinthians 4:16)?



GOODIE BAG

May those who fear you rejoice when they see me, for I have put my hope in your word.

Psalm 119:74

Let the world see in your life that God has the power to redeem and transform.

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What are you really longing for?

Waiting on God's Move

⁸¹My soul faints with longing for your salvation, but I have put my hope in your word.

⁸²My eyes fail, looking for your promise; I say, "When will you comfort me?"

⁸³Though I am like a wineskin in the smoke, I do not forget your decrees.

⁸⁴How long must your servant wait? When will you punish my persecutors?

⁸⁵The arrogant dig pitfalls for me, contrary to your law.

⁸⁶All your commands are trustworthy; help me, for men persecute me without cause.

⁸⁷They almost wiped me from the earth, but I have not forsaken your precepts.

⁸⁸Preserve my life according to your love, and I will obey the statutes of your mouth.

Psalms 119:81-88



CHEW ON THIS

- Despite his feelings, what did the psalmist choose to do?

- How can trusting what God says help us through a time of waiting?

- What specific Bible verses can you hold on to as you wait for God's next move?



GOODIE BAG

My soul faints with longing for your salvation, but I have put my hope in your word.

Psalms 119:81

God's Word is an anchor that secures us even during long waits.

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What are you really longing for?

Faithful and True

⁸⁹Your word, O LORD, is eternal; it stands firm in the heavens.

⁹⁰Your faithfulness continues through all generations;
you established the earth, and it endures.

⁹¹Your laws endure to this day, for all things serve you.

⁹²If your law had not been my delight,
I would have perished in my affliction.

⁹³I will never forget your precepts, for by them you have preserved my life.

⁹⁴Save me, for I am yours; I have sought out your precepts.

⁹⁵The wicked are waiting to destroy me, but I will ponder your statutes.

⁹⁶To all perfection I see a limit; but your commands are boundless.

Psalms 119:89-96



CHEW ON THIS

- How is God's Word "eternal," as described in these verses?

- In verse 95, how did the psalmist respond to those who threatened to attack him?
Why do you think he responded that way?

- What steps will you take to put this truth into action today?



GOODIE BAG

To all perfection I see a limit; but your commands are boundless.

Psalms 119:96

God's Word stands firm forever.

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What are you really longing for?

Loving the Word

⁹⁷Oh, how I love your law! I meditate on it all day long.

⁹⁸Your commands make me wiser than my enemies, for they are ever with me.

⁹⁹I have more insight than all my teachers, for I meditate on your statutes.

¹⁰⁰I have more understanding than the elders, for I obey your precepts.

¹⁰¹I have kept my feet from every evil path so that I might obey your word.

¹⁰²I have not departed from your laws, for you yourself have taught me.

¹⁰³How sweet are your words to my taste, sweeter than honey to my mouth!

¹⁰⁴I gain understanding from your precepts; therefore I hate every wrong path.

Psalms 119:97-104



CHEW ON THIS

- What benefits does meditating on God's Word bring?

- How did the psalmist respond when he came to understand God's precepts (v. 104)?

- How will you express your love for God's law today?



GOODIE BAG

How sweet are your words to my taste, sweeter than honey to my mouth!

Psalms 119:103

God's Word is worth wanting and craving for!

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What are you really longing for?

Light Will Shine!

¹⁰⁵ Your word is a lamp to my feet and a light for my path.

¹⁰⁶ I have taken an oath and confirmed it, that I will follow your righteous laws.

¹⁰⁷ I have suffered much; preserve my life, O LORD, according to your word.

¹⁰⁸ Accept, O LORD, the willing praise of my mouth, and teach me your laws.

¹⁰⁹ Though I constantly take my life in my hands, I will not forget your law.

¹¹⁰ The wicked have set a snare for me, but I have not strayed from your precepts.

¹¹¹ Your statutes are my heritage forever; they are the joy of my heart.

¹¹² My heart is set on keeping your decrees to the very end.

Psalm 119:105-112



CHEW ON THIS

- What was the psalmist's response to suffering and trials (vs. 107, 110)?

- How is God's Word "a lamp to your feet and a light to your path" (v. 105)?

- How committed are you to keep God's decrees? How can you put this truth into practice today?



GOODIE BAG

Your word is a lamp to my feet and a light for my path.

Psalm 119:105

In life's dark seasons, God's Word is the light that helps us keep going.

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What are you really longing for?

The Surest Hope

¹¹³ I hate double-minded men, but I love your law.

¹¹⁴ You are my refuge and my shield; I have put my hope in your word.

¹¹⁵ Away from me, you evildoers, that I may keep the commands of my God!

¹¹⁶ Sustain me according to your promise, and I will live;

do not let my hopes be dashed.

¹¹⁷ Uphold me, and I will be delivered; I will always have regard for your decrees.

¹¹⁸ You reject all who stray from your decrees, for their deceitfulness is in vain.

¹¹⁹ All the wicked of the earth you discard like dross; therefore I love your statutes.

¹²⁰ My flesh trembles in fear of you; I stand in awe of your laws.

Psalms 119:113-120



CHEW ON THIS

- How did the psalmist respond to his enemies? Why do you think did he respond that way?

- What was the psalmist's attitude in spite of the challenges he faced (v. 117)?

- How can God help you stand in awe of His laws today?



GOODIE BAG

Sustain me according to your promise, and I will live; do not let my hopes be dashed.

Psalms 119:116

God's Word is faithful and a sure source of hope.

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What are you really longing for?

The Greatest Treasure

¹²¹ I have done what is righteous and just; do not leave me to my oppressors.

¹²² Ensure your servant's well-being; let not the arrogant oppress me.

¹²³ My eyes fail, looking for your salvation, looking for your righteous promise.

¹²⁴ Deal with your servant according to your love and teach me your decrees.

¹²⁵ I am your servant; give me discernment that I may understand your statutes.

¹²⁶ It is time for you to act, O LORD; your law is being broken.

¹²⁷ Because I love your commands more than gold, more than pure gold,

¹²⁸ and because I consider all your precepts right, I hate every wrong path.

Psalm 119:121-128



CHEW ON THIS

- What did the psalmist ask for in order to understand God's statutes (v. 125)?

- How did the psalmist describe God's commands (v. 127)?

- How much do you treasure God's commands? How is this shown in the way you live?



GOODIE BAG

I love your commands more than gold, more than pure gold . . .

Psalm 119:127

God's commands are a valuable treasure!

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What are you really longing for?

The Importance of Obedience

¹²⁹ Your statutes are wonderful; therefore I obey them.

¹³⁰ The unfolding of your words gives light; it gives understanding to the simple.

¹³¹ I open my mouth and pant, longing for your commands.

¹³² Turn to me and have mercy on me,

as you always do to those who love your name.

¹³³ Direct my footsteps according to your word; let no sin rule over me.

¹³⁴ Redeem me from the oppression of men, that I may obey your precepts.

¹³⁵ Make your face shine upon your servant and teach me your decrees.

¹³⁶ Streams of tears flow from my eyes, for your law is not obeyed.

Psalms 119:129-136



CHEW ON THIS

- How did the psalmist see God's statutes? Because of this, how did he respond to the Word?

- Why do you think did the psalmist respond the way he did in verse 136? How much can you relate to him in this?

- Which of God's commands do you think you need to put to practice today? How will you do this?



GOODIE BAG

Your statutes are wonderful; therefore I obey them.

Psalms 119:129

May each of us see and understand the importance of obeying God's Word.

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What are you really longing for?

Tried and Tested

¹³⁷ Righteous are you, O LORD, and your laws are right.

¹³⁸ The statutes you have laid down are righteous; they are fully trustworthy.

¹³⁹ My zeal wears me out, for my enemies ignore your words.

¹⁴⁰ Your promises have been thoroughly tested, and your servant loves them.

¹⁴¹ Though I am lowly and despised, I do not forget your precepts.

¹⁴² Your righteousness is everlasting and your law is true.

¹⁴³ Trouble and distress have come upon me, but your commands are my delight.

¹⁴⁴ Your statutes are forever right; give me understanding that I may live.

Psalms 119:137-144



CHEW ON THIS

- What made the psalmist trust God's statutes (v. 140)?

- In your life, why can you say that God's Word is trustworthy?

- How much do you trust God's statutes? What practical steps can you take for you to deepen your trust in God?



GOODIE BAG

Your promises have been thoroughly tested, and your servant loves them.

Psalms 119:139

God's promises can be counted on, no matter how impossible the situation!

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What are you really longing for?

Cry out!

¹⁴⁵ I call with all my heart; answer me, O LORD, and I will obey your decrees.

¹⁴⁶ I call out to you; save me and I will keep your statutes.

¹⁴⁷ I rise before dawn and cry for help; I have put my hope in your word.

¹⁴⁸ My eyes stay open through the watches of the night,
that I may meditate on your promises.

¹⁴⁹ Hear my voice in accordance with your love;
preserve my life, O LORD, according to your laws.

¹⁵⁰ Those who devise wicked schemes are near, but they are far from your law.

¹⁵¹ Yet you are near, O LORD, and all your commands are true.

¹⁵² Long ago I learned from your statutes that you established them to last forever.

Psalm 119:145-152



CHEW ON THIS

- How would you describe the intensity of the psalmist's cry unto God in verses 147 to 149?

- What area or concern in your life do you need to present to God now?

- How much are you in faith that God will hear you when you call on Him?



GOODIE BAG

I rise before dawn and cry for help; I have put my hope in your word.

Psalm 119:147

When we cry out, God hears us and moves on our behalf.

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What are you really longing for?

Life Preserver

- ¹⁵³ Look upon my suffering and deliver me, for I have not forgotten your law.
¹⁵⁴ Defend my cause and redeem me; preserve my life according to your promise.
¹⁵⁵ Salvation is far from the wicked, for they do not seek out your decrees.
¹⁵⁶ Your compassion is great, O LORD; preserve my life according to your laws.
¹⁵⁷ Many are the foes who persecute me, but I have not turned from your statutes.
¹⁵⁸ I look on the faithless with loathing, for they do not obey your word.
¹⁵⁹ See how I love your precepts;
preserve my life, O LORD, according to your love.
¹⁶⁰ All your words are true; all your righteous laws are eternal.

Psalm 119:153-160



CHEW ON THIS

- What was the psalmist asking God for (v. 153, 154)? Why do you think did he do this?

- How do you usually cope with tough times? Where or to whom do you often turn to for help?

- Knowing that God's Word can preserve your life and save you, how will you allow God to do that for you today?



GOODIE BAG

Many are the foes who persecute me, but I have not turned from your statutes.

Psalm 119:157

Choose to stick to God's Word in spite of any difficulty!

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What are you really longing for?

Smooth Path Ahead

¹⁶¹Rulers persecute me without cause, but my heart trembles at your word.

¹⁶²I rejoice in your promise like one who finds great spoil.

¹⁶³I hate and abhor falsehood but I love your law.

¹⁶⁴Seven times a day I praise you for your righteous laws.

¹⁶⁵Great peace have they who love your law,
and nothing can make them stumble.

¹⁶⁶I wait for your salvation, O LORD, and I follow your commands.

¹⁶⁷I obey your statutes, for I love them greatly.

¹⁶⁸I obey your precepts and your statutes, for all my ways are known to you.

Psalms 119:160-168



CHEW ON THIS

- What is it about God's promises that made the psalmist rejoice in them (v. 162)? How can you cultivate the same attitude towards God's Word?

- Why was the psalmist loyal to God's Word despite the persecution he faced (v. 167)? Why do you think did he fear God's laws more than what people of influence says?

- How can you "hate and abhor falsehood" today?



GOODIE BAG

Great peace have they who love your law, and nothing can make them stumble.

Psalms 119:165

We can be at peace that as we follow God's Word, the path ahead of us is sure, smooth, and straight.

Crave

What are you really longing for?

Total Dependence

¹⁶⁹May my cry come before you, O LORD;
give me understanding according to your word.
¹⁷⁰May my supplication come before you; deliver me according to your promise.
¹⁷¹May my lips overflow with praise, for you teach me your decrees.
¹⁷²May my tongue sing of your word, for all your commands are righteous.
¹⁷³May your hand be ready to help me, for I have chosen your precepts.
¹⁷⁴I long for your salvation, O LORD, and your law is my delight.
¹⁷⁵Let me live that I may praise you, and may your laws sustain me.
¹⁷⁶I have strayed like a lost sheep. Seek your servant,
for I have not forgotten your commands.

Psalm 119:169-176



CHEW ON THIS

- What did the psalmist request God would grant him (vs. 169-173)? What does this long list tell us of his dependence on God?

- How God sustain you every day? What did He promise you in His Word about taking care of you?

- What can make you totally depend on God? What promises from the Bible can you hold on to?



GOODIE BAG

Let me live that I may praise you, and may your laws sustain me.

Psalm 119:175

We can fully trust God to meet our every need because He promised.