

WARM-UP

- Who is the most forgetful person you know? Recall an instance explaining this.
- How do you remind yourself of important dates and tasks? Share a life hack.
- Share a memory from your childhood or teenage years. Why was this so unforgettable for you?

WORD *Look on my affliction and deliver me, for I do not forget your law.* **PSALM 119:153**

(Read also **PSALM 119:154-160.**)

We tend to forget many things—birthdays, keys, deadlines, and details. While some things can be forgotten, the important ones cannot. This includes God’s law. Even in his affliction, the Psalmist did not forget God’s law (or word, promises, or rules). It still mattered to him. The Psalmist may have been desperate as he wrote these words, using God’s covenantal name and appealing to His character. The Psalmist understood that life comes from God’s word. This life that the Lord wanted him to have was blessed, super abundant, and even excessive—not mundane or inferior—in quality. Today, even as we face our own afflictions, we can be reminded through God’s word of who He is and how He acts. Together, we can have faith and hope to receive the same life the Psalmist cried out to God for.

1 | The Lord gives us life according to His promise.

¹⁵³Look on my affliction and deliver me, for I do not forget your law. ¹⁵⁴Plead my cause and redeem me; give me life according to your promise! **PSALM 119:153-154**

To the Psalmist, God's law was not just rules to live by. It was the totality of God's word, which contains great promises for His people yet to be fulfilled. When we have challenges, as the Psalmist did, will we run to God and trust His promise? Why do you think the Psalmist's prayer was so raw and real?

.....

.....

.....

2 | The Lord gives us life according to His rules.

¹⁵⁵Salvation is far from the wicked, for they do not seek your statutes. ¹⁵⁶Great is your mercy, O LORD; give me life according to your rules. **PSALM 119:155-156**

God's rules—pronouncements and decisions based on His character and love—are not restrictive. In fact, they are life-giving. While the wicked did not experience salvation, the Psalmist looked to God's mercy for his life. We can be secure in God's goodness and receive the abundant life He offers. How are God's rules and pronouncements different from the rules we know and try to avoid?

.....

.....

.....

3 | The Lord gives us life according to His steadfast love.

¹⁵⁷Many are my persecutors and my adversaries, but I do not swerve from your testimonies. ¹⁵⁸I look at the faithless with disgust, because they do not keep your commands. ¹⁵⁹Consider how I love your precepts! Give me life according to your steadfast love.

PSALM 119:157-159

Ultimately, we have life because of God's steadfast and faithful love. We can always count on His unchanging, ever-loving character. We do not look to persecutors, adversaries, and the faithless—those who swerve from and do not keep God's commands. Instead, we are to love His precepts and look to Him for life. What do you think life would be like if God's character was changing and inconsistent, loving us one day and turning from us the next?

.....

.....

.....

God's word breathes life into our challenges and hopelessness. When we remember Him and turn to His word, we receive the life He gives according to His promise, His rules, and His steadfast love.

APPLICATION

- Commit Psalm 119:153 to memory: *Look on my affliction and deliver me, for I do not forget your law.* Repeat it several times and make it your prayer this week.
- What or who do you look to for life? How can you look to God for life every day?
- Would you say you love God's word? How do you view God's word and how do you think your love for God's word will grow? Who can you share God's word with this week?

