

Psalm 119:129-136 || Getting Better at Bible Study

Follow-Along Notes & Devotional

Instructions: Fill in the blanks using the first letter provided. Reflect on each prompt to deepen your understanding of Psalm 119:129-136.

1. "Your t_____ are wonderful; therefore, my s_____ keeps them." (v. 129)
2. The u_____ of Your words gives l_____; it imparts understanding to the s_____. (v. 130)
3. "I open my m_____ and pant because I l_____ for Your commandments." (v. 131)
4. The letter "Peh" means m_____. (v. 131)
5. "Make Your f_____ shine upon Your servant, and teach me Your s_____." (v. 135)
6. The Lord bless you and k_____ you; the Lord make His f_____ shine upon you. (Numbers 6:24-25)
7. "My eyes shed streams of t_____ because people do not keep Your l_____." (v. 136)
8. Trust the H_____ S_____ to guide your study of the Bible.
9. Make c_____ between Bible passages to deepen your understanding.
10. Use a p_____ Bible to better remember and connect with Scripture.

Answer Key:
1. testimonies, soul
2. unfolding, light, simple
3. mouth, long
4. mouth
5. face, statutes
6. keep, face
7. tears, law
8. Holy Spirit
9. connections
10. physical

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Day 1: A Heart that Longs for God's Word

Scripture Reading: Psalm 119:129-130

Focus Verses:

"Your testimonies are wonderful; therefore, my soul keeps them. The unfolding of your words gives light; it imparts understanding to the simple." - Psalm 119:129-130

From the Podcast:

In today's verses, we see the Psalmist's deep love and longing for God's Word. It's a love that comes from the very core of his being, a desire to let God's truth dwell richly within him. This kind of connection with Scripture doesn't happen by accident—it's cultivated through intentional study and reflection.

Meditation:

- - Reflect on the phrase, "Your testimonies are wonderful; therefore, my soul keeps them." How does it inspire you to connect with God's Word more deeply?

- - Consider how the "unfolding" of God's words gives light. What does this mean for your understanding of Scripture and your spiritual growth?

Application:

- - Write down areas in your life where you need to spend more time in God's Word, allowing it to unfold and bring light to your understanding.

- - Pray for a heart that longs for God's Word, asking Him to deepen your love and commitment to Scripture.

Dwell Deeply:

- - Find a quiet spot and ask God to reveal the wonders of His Word to you as you read. Let His truth light up your heart and mind. Reflect on 2 Timothy 3:16-17, which speaks about the value of Scripture in teaching, rebuking, correcting, and training in righteousness.

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Day 2: The Power of Connections in Scripture

Scripture Reading: Psalm 119:131, Numbers 6:24-26

Focus Verses:

"I open my mouth and pant because I long for your commandments." - Psalm 119:131

From the Podcast:

One way to deepen your study of the Bible is by making "hyperlinks" in your mind between different passages. For example, Psalm 119:135 connects with the blessing in Numbers 6:24-26. Finding these connections enriches your understanding and strengthens your memory of God's Word.

Meditation:

- - Think about how making connections between different Bible passages can enrich your understanding. How does this practice help you see the Bible as a unified story?

- - Reflect on the phrase, "I open my mouth and pant because I long for your commandments." How does this express your own longing for God's truth?

Application:

- - Start a habit of looking for connections between different passages in your Bible study. Write down a few connections you've discovered and how they've impacted your understanding of Scripture.

- - Pray for the Holy Spirit to guide you in making these connections and to open your eyes to the richness of God's Word. Write your prayer here or in your prayer journal.

Dwell Deeply:

- - Spend time in prayer, asking God to show you more connections in His Word. Let these connections deepen your love for Scripture and your desire to study it. Reflect on Hebrews 4:12, which describes the Word of God as living and active, and think about how it connects with your life.

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Day 3: The Value of a Physical Bible

Scripture Reading: Psalm 119:135, Psalm 4:6

Focus Verses:

"Make your face shine upon your servant, and teach me your statutes." - Psalm 119:135

From the Podcast:

Using a physical Bible is irreplaceable for a deep study of Scripture. Flipping through the pages, making notes in the margins, and highlighting verses engage your senses and help cement God's Word in your heart and mind.

Meditation:

- - Reflect on the importance of using a physical Bible. How does engaging with the Bible in this way help you connect more deeply with God's Word?

- - Consider the blessing of God's face shining upon you, as mentioned in Psalm 119:135 and Psalm 4:6. How does this image affect your understanding of God's presence in your life?

Application:

- - If you primarily use a digital Bible, consider incorporating a physical Bible into your study routine. Write down how this change impacts your study experience and connection with Scripture.

- - Pray for God to help you engage deeply with His Word through your physical Bible, asking Him to let His face shine upon you as you study.

Dwell Deeply:

- - Spend time with your physical Bible, highlighting key verses, and making notes in the margins. Reflect on Psalm 1:1-3, which speaks about the blessedness of meditating on God's Word day and night. Let these verses guide your study and deepen your connection with Scripture.

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Day 4: Sharing What You've Learned

Scripture Reading: Psalm 119:136, 2 Timothy 2:2

Focus Verses:

"My eyes shed streams of tears because people do not keep your law." - Psalm 119:136

From the Podcast:

The Word of God is meant to be lived out and shared, not just studied in isolation. As you grow in your understanding of Scripture, share what you've learned with others—whether it's a friend, a Bible study group, or even on social media.

Meditation:

- - Reflect on the Psalmist's sorrow in verse 136. How does it inspire you to share God's Word with others?
- - Consider how sharing what you've learned can encourage others in their faith. How does this practice strengthen your own understanding and commitment to Scripture?

Application:

- - Write down the names of a few people with whom you can share what you've learned in your Bible study. Make a plan to reach out to them and start a conversation about God's Word.
- - Pray for boldness and wisdom as you share God's truth with others, asking God to use your words to encourage and uplift those around you.

Dwell Deeply:

- - Spend time in prayer, asking God to open doors for you to share His Word with others. Reflect on 1 Peter 3:15, which encourages us to always be prepared to give an answer for the hope that we have. Let this guide your conversations and interactions as you share what God has been teaching you.