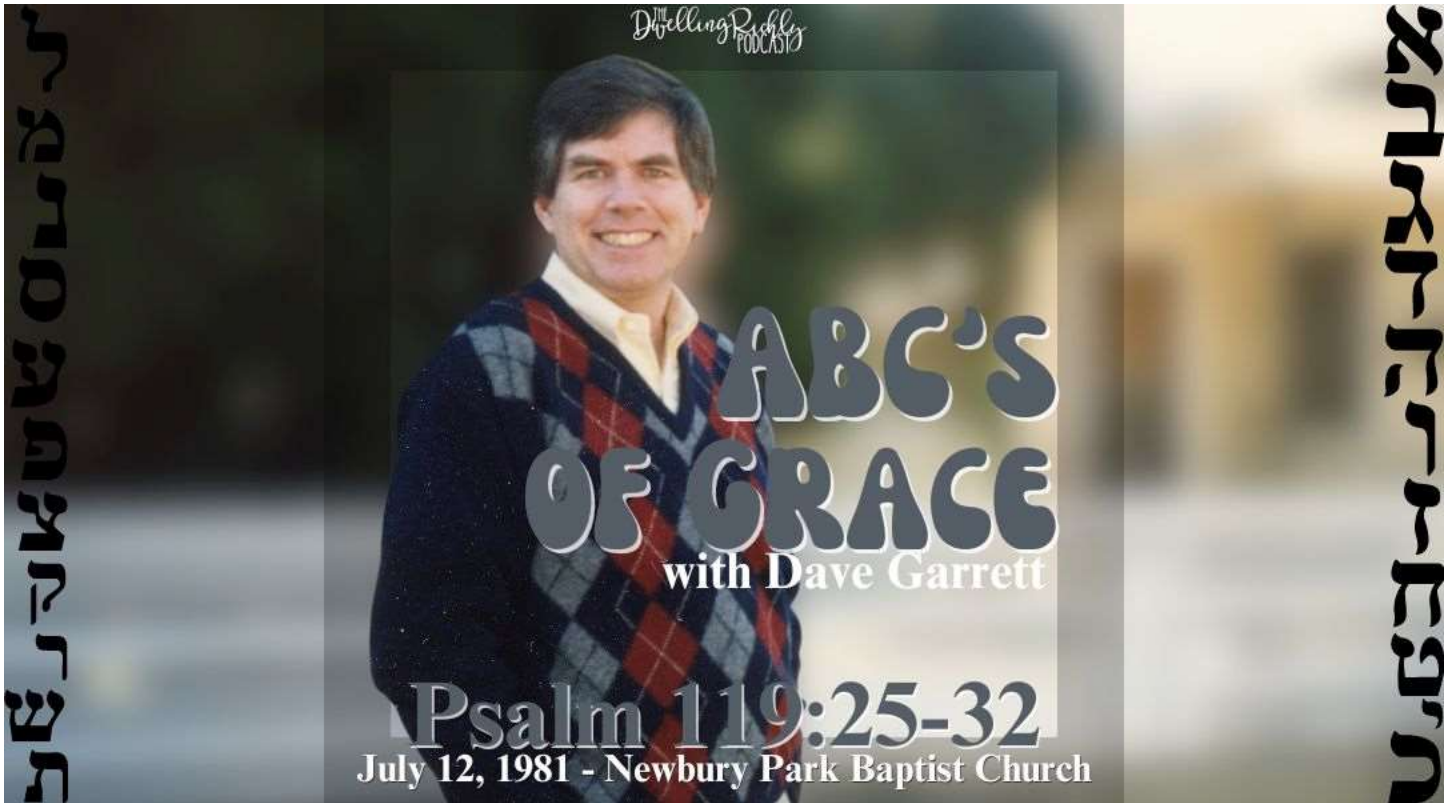


Follow-Along Notes-Study Guide - Devotional



with Dave Garrett

from the Dwelling Richly Podcast
Jennifer Garrett Richmond

Dedicated to:

My dad, Dave Garrett

Who gave me the greatest gift – Jesus and the greatest desire:
to “let the Word of Christ dwell” in me deeply.

Psalm 119:25-32 || ABCs of Grace with Dave Garrett

First Baptist Church, Newbury Park, CA – July 12, 1981

STUDY GUIDE

Enjoy this fill-in-the-blank outline as you _____ to the message.

1. Psalm 119:25 says, "My soul clings to the d___; revive me according to Your word."
2. Depression is often a feeling of being without h___.
3. God's Word is described as the building b___ of life.
4. Memorizing Scripture helps us face the e___ pressures of life.
5. In Babylon, the Israelites couldn't carry s___ into captivity.
6. Ezra confessed his sin and got back into f___ with God.
7. Depression can be caused by foreign s___ like caffeine.
8. God sometimes uses difficult circumstances to teach us about His l___.
9. The Hebrew letter "Dalet" looks like a d___ or doorway.
10. True or False: Depression is always a spiritual problem. (Answer: F___)
11. Jeremiah is known as the w___ prophet.
12. Depression often involves a sense of l___ or defeat.
13. God's Word has the power to r___ and lift us up.
14. In Psalm 119, Ezra asks God to revive him according to His w___.
15. James 4:8 says, "Draw near to God, and He will draw near to y___."
16. Hebrews 13:5 assures us that God will never f___ us.
17. Ezra faced contempt from others and himself, leading to depression. (True/False) (Answer: T___)
18. The opposite of depression is Christian j___.
19. Depression is sometimes described as disorientation to God's p___.

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20. Psalm 37 encourages us not to f___ because of evildoers.
21. Ephesians 4:26 instructs us to "be angry and do not s___."
22. God comforts us so we can comfort o___.
23. We need to allow God's Word to remold our m___ from within.
24. False worship, no worship, and hypocritical worship led to the d___ of worship in Israel.
25. To combat depression, we must store God's Word in our h___.
26. Ezra confessed his sin to get back into f___ with God.
27. Depression is often associated with a sense of l___.
28. A no-win situation often leads to d___.
29. Memorizing Scripture helps us face the e___ pressures of life.
30. The Hebrew word translated as "false way" can also mean "without c___."

Answer Key:

1. dust, 2. hope, 3. block, 4. external, 5. scrolls, 6. fellowship, 7. substances, 8. love, 9. door, 10. False, 11. weeping, 12. loss, 13. revive, 14. word, 15. you, 16. forsake, 17. True, 18. joy, 19. plan, 20. fret, 21. sin, 22. others, 23. mind, 24. destruction, 25. heart, 26. fellowship, 27. loss, 28. depression, 29. external, 30. cause.

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Listening Guide

As you listen to the message, follow along with this guide to help you think, reflect, and apply the content to your life in meaningful ways.

Section 1: Shame and Defeat

1. **Based on the Message:** How does Pastor Dave describe the reason for Ezra's shame and defeat in the first section of Psalm 119?

2. **Personal Reflection:** Reflect on a time in your life when you felt spiritually defeated. How did this experience affect your relationship with God?

Section 2: Repentance and Reorientation

3. **Based on the Message:** According to Pastor Dave, what was the essential action Ezra took to reorient himself to God in the second section of Psalm 119?

4. **Personal Reflection:** Have you ever experienced a moment when repentance led you to a deeper connection with God? How did that change your outlook?

Section 3: Contempt and Pride

5. **Based on the Message:** What warning does Pastor Dave give about the dangers of spiritual pride after one has been restored?

6. **Personal Reflection:** Consider a situation where you struggled with pride or contempt. How did it affect your spiritual life, and what steps did you take to address it?

Section 4: Depression

7. **Based on the Message:** How does Pastor Dave explain the role of depression in the Christian life according to the fourth section of Psalm 119?

8. **Personal Reflection:** When faced with feelings of depression or hopelessness, what Scripture or spiritual practices have helped you find strength and renewal?

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Section 5: Envy

9. **Based on the Message:** How does Pastor Dave describe the impact of envy on Ezra's spiritual journey in the fifth section of Psalm 119?

10. **Personal Reflection:** Reflect on a time when you struggled with envy. How did it affect your relationship with God and others, and what did you learn from that experience?

Section 6: Trust and Guidance

11. **Based on the Message:** What does Pastor Dave emphasize about the importance of trusting God's guidance in this section of Psalm 119?

12. **Personal Reflection:** Think of a situation where you had to trust in God's guidance. How did you feel during that time, and what was the outcome?

Section 7: Perseverance

13. **Based on the Message:** According to Pastor Dave, how does Ezra demonstrate perseverance in the face of trials in this section of Psalm 119?

14. **Personal Reflection:** Can you recall a time when you had to persevere through a difficult situation? How did your faith influence your ability to keep going?

Section 8: Hope and Revival

15. **Based on the Message:** How does Pastor Dave connect the concept of hope to Ezra's prayer for revival in the final section of this passage?

16. **Personal Reflection:** When you have felt spiritually dry or distant from God, what has given you hope and helped you seek revival in your relationship with Him?

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DEVOTIONAL

Day 1: Revived by God's Word

Scripture Reading: Psalm 119:25-26 -

Focus Verse:

Psalm 119:25 - "My soul clings to the dust; give me life according to your word!"

Excerpt from the Message: *"In the depths of despair, when life feels burdensome and we're brought low, it is the Word of God that breathes life back into us. The psalmist's cry for life, while clinging to the dust, shows us the power of Scripture to revive our weary souls. God hears and responds when we turn to Him in our distress, teaching us through His statutes."*

Meditation:

- Consider how God's Word has revived you during times of deep sorrow or weariness. How has Scripture been a source of life when you felt overwhelmed?
- Reflect on the psalmist's open confession of his ways to God. How does this transparency invite God's healing and instruction in your life?

Application:

- Identify areas of your life where you feel like your soul is clinging to the dust. Bring these before God, asking Him to revive you through His Word.
- Make it a practice to confess your struggles and shortcomings to God, trusting in His response and His guidance through Scripture.

Dwell Deeply:

- Spend time today reading Psalm 119:25-26 slowly, focusing on how God's Word has the power to revive. Write down how you've experienced this revival in your life and pray for continued renewal through His statutes.

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DEVOTIONAL

Day 2: Strength in Sorrow

Scripture/Reading: Psalm 119:27-28

Focus Verse:

Psalm 119:28 - "My soul melts away for sorrow; strengthen me according to your word!"

Excerpt from the Message: "The psalmist's sorrow is palpable—his soul is melting away, yet he knows exactly where to turn for strength. He seeks understanding and meditates on God's wondrous works, finding solace not in the temporary comforts of the world, but in the eternal strength provided by God's Word."

Meditation:

- *Reflect on the moments in your life when you felt overwhelmed by sorrow. How did turning to God's Word provide strength and comfort?*
- *Think about the relationship between understanding God's precepts and finding strength in His Word. How does a deeper understanding of Scripture sustain you during difficult times?*

Application:

- *When facing sorrow or hardship, intentionally meditate on God's wondrous works. Allow these reflections to remind you of His power and faithfulness.*
- *Seek to deepen your understanding of God's precepts. Consider studying a specific passage or joining a Bible study group to help strengthen your faith.*

Dwell Deeply:

- *Today, take time to journal about a sorrowful experience where you turned to Scripture for strength. How did God's Word sustain you? Pray for a continued deepening of your understanding of His precepts.*

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Day 3: Choosing the Way of Truth

Scripture Reading: Psalm 119:29-30 -

Focus Verse:

Psalm 119:30 - "I have chosen the way of faithfulness; I set your rules before me."

Excerpt from the Message: "Choosing faithfulness isn't a passive decision; it's an intentional act of setting God's rules before us and rejecting the falsehoods that surround us. The psalmist recognizes the dangers of false ways and earnestly seeks God's law to guide him in truth. It's a daily choice we must make to live according to God's truth, setting His Word as the standard for our lives."

Meditation:

- Reflect on the 'false ways' that might be present in your life. How can you actively reject these in favor of God's truth?
- Consider what it means to choose the way of faithfulness daily. How can setting God's rules before you shape your decisions and actions?

Application:

- Evaluate your daily routines and habits. Are there areas where you might be influenced by falsehood or deception? Ask God to help you remove these and replace them with His truth.
- Make a conscious effort to set God's Word before you each day, whether through reading, memorization, or meditation. Let His rules guide your choices.

Dwell Deeply:

- Today, focus on memorizing Psalm 119:30. Let this verse remind you of the importance of choosing the way of faithfulness and setting God's rules before you in every aspect of your life.

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Day 4: Running in God's Commandments

Scripture/Reading: Psalm 119:31-32 -

Focus Verse:

Psalm 119:32 - "I will run in the way of your commandments when you enlarge my heart!"

Excerpt from the Message: "To run in the way of God's commandments requires more than just obedience; it requires a heart that is enlarged by God's love and grace. The psalmist's desire is to cling to God's testimonies, trusting that in doing so, he will not be put to shame. This eagerness to follow God's ways comes from a heart that God Himself has expanded, allowing us to pursue His commandments with joy and enthusiasm."

Meditation:

- *Reflect on what it means to 'run' in the way of God's commandments. How does an enlarged heart—filled with God's love and grace—enable you to follow His ways with joy?*
- *Consider how clinging to God's testimonies protects you from shame. How has this been true in your own life?*

Application:

- *Pray for God to enlarge your heart, giving you the capacity to not only obey His commandments but to do so with eagerness and joy.*
- *Identify specific commandments or teachings of God that you can 'run' in today. How can you approach these with a heart full of love and enthusiasm?*

Dwell Deeply:

- *As you go through your day, keep Psalm 119:32 in your mind and heart. Ask God to enlarge your heart, enabling you to run eagerly in His ways. Consider journaling about what it means to have a heart enlarged by God's love.*

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DEVOTIONAL

My Heart to Yours

As I look back on my journey with Psalm 119:25-32, I can't help but smile at the countless times I heard my dad unpack the Word. His love for God's Word was something he lived out every day, and whether I was paying close attention (or occasionally daydreaming during one of his many teachings), those truths somehow managed to stick with me.

I saw these verses in action through my dad's life, especially in the way he faced challenges. He had this unshakable habit of turning back to Scripture, no matter what was happening around him. And let's be honest, I could use a bit more of that in my own life—because who hasn't tried to solve a problem without checking the manual first? Spoiler alert: it doesn't work nearly as well as when you actually follow the instructions, especially God's.

The psalmist's prayers in this passage are so relatable—asking for revival, strength, and guidance. I've found myself echoing those same prayers over the years, and I can't count the times I've asked God to 'enlarge my heart' when I knew my own just wasn't up to the task. Thankfully, God always comes through, even when I don't quite get it right the first (or fifth) time.

Looking back, I realize how much I've leaned on the lessons my dad taught me, even when I didn't realize I was doing it. And I hope you can find the same kind of encouragement from these verses. God's Word really is that life-giving, soul-reviving source we all need. Whether you're feeling a little worn out, need a bit of strength, or just want to make sure you're on the right path, these truths are worth holding onto.

So, from my heart to yours—don't just read these words; live them out, even if it's in small steps at first. Let God's Word be the thing you cling to, especially on the days when everything else feels like it's slipping through your fingers. Keep leaning on His strength, keep seeking His guidance, and trust me, you'll find that He's always there, ready to enlarge your heart and fill it with joy, no matter what comes your way.

And if you ever find yourself trying to navigate life without checking the manual, well, you're in good company. But here's to turning back to the right instructions, learning from those who've walked the path before us, and letting God's Word lead us every step of the way. It's a journey worth taking, and you're not alone on it.

Eyes on Him,

Jennifer

...and through the Spirit, my dad as well

Dwelling
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COMMUNITY BIBLE STUDY

LET THE WORD OF CHRIST
DWELL IN YOU RICHLY
COLLOSSIANS 3:16