

Remember your promise to me; it is my only hope. Your promise revives me; it comforts me in all my troubles. The proud hold me in utter contempt, but I do not turn away from your instructions. I meditate on your age-old regulations; O LORD, they comfort me. I become furious with the wicked, because they reject your instructions. Your decrees have been the theme of my songs wherever I have lived. I reflect at night on who you are, O LORD; therefore, I obey your instructions. This is how I spend my life: obeying your commandments. Psalm 119:49-56 (NLT2)

Spend

That is a very important word. What is a very important word? **The word spend is a very important word.** What makes that word so important? **You have a choice of how you will spend your life. You only have one life to live. There are no “do overs.” How you chose to spend your life is very important. One day you will have the opportunity, with me, to look back over your entire life. Together, we will see if you did spend your life on what was worthwhile.** That seems like an overwhelming thought to me. How can I possibly have any hope of knowing now that I am spending my life well? At many times and in many ways, I know that I have lived unwisely. How can there be any hope for me? **Notice, I said that you will not receive any do overs. You will not get a second life to live. I did not say that you will not receive any second chances. Not only will you receive second chances, you will receive many opportunities to begin again with Me. You have and will continue to make mistakes, take missteps and sin. You can and have asked for and received my forgiveness and cleansing. You have and will continue to begin again and keep on moving forward with me. You have an abundance of hope. You have a never-ending source of wisdom available to you.** Tell me about my abundance of hope and never-ending source of wisdom. **You have Me. You have my word. Hope in the promises of my word. Hope in Me. I will lead and guide you through life. My word will revive you. My word will comfort you in every trouble. My word will instruct you. Spend your life following and obeying my word. Make that the priority of your life.** That I will do, with all that is within me. **That will be very good. Then your life will be well spent. Then you will never have any regrets. Then one day looking over your life with me will be a cause of great rejoicing.** I look forward to that day. Thank you, Lord.

Lord, thank you for your word. The promises of your word sustain me. I find hope, joy and peace in your promises. Your word gives me comfort and encouragement. I will spend my life obeying your word. Help me to never turn away from your instructions. Amen

Promises *Has Been My Practice*

Remember your word to your servant, for you have given me hope. My comfort in my suffering is this: Your promise preserves my life. The arrogant mock me without restraint, but I do not turn from your law. I remember your ancient laws, O LORD, and I find comfort in them. Indignation grips me because of the wicked, who have forsaken your law. Your decrees are the theme of my song wherever I lodge. In the night I remember your name, O LORD, and I will keep your law. This has been my practice: I obey your precepts.

NIV Psalm 119:49-56

Promises *How I Spend My Life*

Remember your promise to me; it is my only hope. Your promise revives me; it comforts me in all my troubles. The proud hold me in utter contempt, but I do not turn away from your instructions. I meditate on your age-old regulations; O LORD, they comfort me. I become furious with the wicked, because they reject your instructions. Your decrees have been the theme of my songs wherever I have lived. I reflect at night on who you are, O LORD; therefore, I obey your instructions. This is how I spend my life: obeying your commandments.

NLT Psalm 119:49-56

Promises *This Blessing Has Fallen To Me*

Remember your word to your servant, in which you have made me hope. This is my comfort in my distress, that your promise gives me life. The arrogant utterly deride me, but I do not turn away from your law. When I think of your ordinances from of old, I take comfort, O LORD. Hot indignation seizes me because of the wicked, those who forsake your law. Your statutes have been my songs wherever I make my home. I remember your name in the night, O LORD, and keep your law. This blessing has fallen to me, for I have kept your precepts.

NRSV Psalm 119:49-56

Promises *This I Have Had*

Remember [fervently] the word *and* promise to Your servant, in which You have caused me to hope. This is my comfort *and* consolation in my affliction: that Your word has *revived* me *and* given me life. The proud have had me greatly in derision, yet have I not declined in my interest in *or* turned aside from Your law. When I have [earnestly] recalled Your ordinances from of old, O Lord, I have taken comfort. Burning indignation, terror, *and* sadness seize upon me because of the wicked, who forsake Your law. Your statutes have been my songs in the house of my pilgrimage. I have [earnestly] remembered Your name, O Lord, in the night, and I have observed Your law. This I have had [as the gift of Your grace and as my reward]: that I have kept Your precepts [hearing, receiving, loving, and obeying them].

AMP Psalm 119:49-56

Promises *This Has Become Mine*

Remember the word to Your servant, In which You have made me hope. This is my comfort in my affliction, That Your word has revived me. The arrogant utterly deride me, *Yet* I do not turn aside from Your law. I have remembered Your ordinances from of old, O LORD, And comfort myself. Burning indignation has seized me because of the wicked, Who forsake Your law. Your statutes are my songs In the house of my pilgrimage. O LORD, I remember Your name in the night, And keep Your law. This has become mine, That I observe Your precepts.

NASB Psalm 119:49-56

Promises *This Blessing Has Fallen To Me*

Remember your word to your servant, in which you have made me hope. This is my comfort in my affliction, that your promise gives me life. The insolent utterly deride me, but I do not turn away from your law. When I think of your rules from of old, I take comfort, O LORD. Hot indignation seizes me because of the wicked, who forsake your law. Your statutes have been my songs in the house of my sojourning. I remember your name in the night, O LORD, and keep your law. This blessing has fallen to me, that I have kept your precepts.

ESV Psalm 119:49-56

Promises *This Has Become Mine*

Remember the word to Your servant, Upon which You have caused me to hope. This *is* my comfort in my affliction, For Your word has given me life. The proud have me in great derision, *Yet* I do not turn aside from Your law. I remembered Your judgments of old, O LORD, And have comforted myself. Indignation has taken hold of me Because of the wicked, who forsake Your law. Your statutes have been my songs In the house of my pilgrimage. I remember Your name in the night, O LORD, And I keep Your law. This has become mine, Because I kept Your precepts.

NKJV Psalm 119:49-56

Promises *Live By Your Word And Counsel*

Remember what you said to me, your servant— I hang on to these words for dear life! These words hold me up in bad times; yes, your promises rejuvenate me. The insolent ridicule me without mercy, but I don't budge from your revelation. I watch for your ancient landmark words, and know I'm on the right track. But when I see the wicked ignore your directions, I'm beside myself with anger. I set your instructions to music and sing them as I walk this pilgrim way. I meditate on your name all night, GOD, treasuring your revelation, O GOD. Still, I walk through a rain of derision because I live by your Word and counsel.

MSG Psalm 119:49-56

Promises *What A Blessing This Has Been To Me*

Never forget your promises to me your servant, for they are my only hope. They give me strength in all my troubles; how they refresh and revive me! Proud men hold me in contempt for obedience to God, but I stand unmoved. From my earliest youth I have tried to obey you; your Word has been my comfort. I am very angry with those who spurn your commands. For these laws of yours have been my source of joy and singing through all these years of my earthly pilgrimage. I obey them even at night and keep my thoughts, O Lord, on you. What a blessing this has been to me—to constantly obey.

TLB Psalm 119:49-56

Promises *This Is What I Do*

Remember your promise to me, your servant; it gives me hope. When I suffer, this comforts me: Your promise gives me life. Proud people always make fun of me, but I do not reject your teachings. I remember your laws from long ago, and they comfort me, LORD. I become angry with wicked people who do not keep your teachings. I sing about your demands wherever I live. LORD, I remember you at night, and I will obey your teachings. This is what I do: I follow your orders.

NCV Psalm 119:49-56

How I Spend My Life

Year _____ Week _____ Day _____ Date _____

Promises – Psalm 119:49-56

In Context: *Read Psalm 119*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God's Word: ***(What is God speaking to your heart?)***

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Considering The Words: ***(What words speak to your heart?)***

Remember your promise to me; | it is my only hope. | Your promise revives me; | it comforts me | in all my troubles. | The proud hold me | in utter contempt, | but I do not | turn away from | your instructions. | I meditate on | your age-old regulations; | O LORD, they comfort me. | I become furious with the wicked, | because they reject your instructions. | Your decrees have been | the theme of my songs | wherever I have lived. | I reflect at night | on who you are, | O LORD; therefore, | I obey your instructions. | This is how | I spend my life: | obeying your | commandments. Psalm 119:49-56 (NLT)

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, thank you for your word. The promises of your word sustain me. I find hope, joy and peace in your promises. Your word gives me comfort and encouragement. I will spend my life obeying your word. Help me to never turn away from your instructions. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

How are the promises of God's word giving you hope to sustain you through life?

How have the promises of God's word comforted you when you have been in trouble?

When a specific verse from God's word revived hope and joy and peace within you?

How are you making sure that you never turn away from God's instructions?

When have you taken time in the middle of the night to reflect deeply on God's word?

How emphatically can you say that you are spending your life obeying God's word?

Why will you never regret making obeying God's word the absolute priority of your life?

Living It Out: ***(What action step is God guiding your heart to take?)***

Make obeying God's word the absolute priority of your life.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that you will never regret spending your life on obeying God's word.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group how you are making it your priority to obey God's word.

Close With Prayer:

Pause And Offer Prayers Of...

Quiet Yourself Before The Lord

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you spend your life obeying God's word.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, help me to spend my life obeying your word.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, how can I spend my life today obeying your word?
