

*O LORD, listen to my cry; give me the discerning mind you promised. Listen to my prayer; rescue me as you promised. Let praise flow from my lips, for you have taught me your decrees. Let my tongue sing about your word, for all your commands are right. Give me a helping hand, for I have chosen to follow your commandments. O LORD, I have longed for your rescue, and your instructions are my delight. Let me live so I can praise you, and may your regulations help me. I have wandered away like a lost sheep; come and find me, for I have not forgotten your commands. Psalm 119:169-176 (NLT)*

## **Praise**

**What has my word done for you? How has my word worked in your life? What rescue and deliverance and freedom has my word secured for you? How has my word given you wisdom and discernment and understanding? How has my word guarded and guided your life? How has my word been molding and shaping you? How has my word prevented you from wandering and drifting away from me? How has my word been making you able to live the life of salvation that I have secured for you? How have even the thoughts of your mind, words of your mouth and deeds of your life been formed by my word? How have the prayers of your heart been formed by my word working in you? What praise would you like to offer me for my word?** Where do I begin? Your word is everything to me. Listening to you, following and obeying you, is the desire and direction of my entire life. Nothing has come to me that has not come through your word. My heart is filled with joyful and thankful praise to you for your word. I am in awe of your word. I am bowed down by your word. Your word is faithful. Your word is powerful. Your word is true. I welcome your word to continue to do its work in my life. Mold and shape me by your word. Guard and guide me by your word. I cannot get enough of your word. I hunger and thirst for your word and the life you have called me to live. Your word has kept me moving forward with you. Your word has kept my heart and mind and life focused on you. Your word has unfolded the life of salvation you have given me to live. Your word has helped me to understand the life of salvation you have secured for me. Keep on speaking your word to me. I am listening attentively to you. **Yes, I will.** Nothing is better than your word. I will forever give you praise and thanks for your word. **That is very good.**

*Lord, thank you for giving me understanding according to your word. Your word has given me freedom. With a heart filled with praise I will give thanks to you for your word. Thank you that your word is empowering me to live the life of salvation you have for me. Amen*

**Promises**      *My Lips Overflow With Praise*

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

NIV      Psalm 119:169-176

**Promises**      *Praise Flow From My Lips*

O LORD, listen to my cry; give me the discerning mind you promised. Listen to my prayer; rescue me as you promised. Let praise flow from my lips, for you have taught me your decrees. Let my tongue sing about your word, for all your commands are right. Give me a helping hand, for I have chosen to follow your commandments. O LORD, I have longed for your rescue, and your instructions are my delight. Let me live so I can praise you, and may your regulations help me. I have wandered away like a lost sheep; come and find me, for I have not forgotten your commands.

NLT      Psalm 119:169-176

**Promises**      *My Lips Will Pour Forth Praise*

Let my cry come before you, O LORD; give me understanding according to your word. Let my supplication come before you; deliver me according to your promise. My lips will pour forth praise, because you teach me your statutes. My tongue will sing of your promise, for all your commandments are right. Let your hand be ready to help me, for I have chosen your precepts. I long for your salvation, O LORD, and your law is my delight. Let me live that I may praise you, and let your ordinances help me. I have gone astray like a lost sheep; seek out your servant, for I do not forget your commandments.

NRSV      Psalm 119:169-176

**Promises**      *My Lips Will Pour Forth Praise*

Let my mournful cry *and* supplication come [near] before You, O Lord; give me understanding (discernment and comprehension) according to Your word [of assurance and promise]. Let my supplication come before You; deliver me according to Your word! My lips shall pour forth praise [with thanksgiving and renewed trust] when You teach me Your statutes. My tongue shall sing [praise for the fulfillment] of Your word, for all Your commandments are righteous. Let Your hand be ready to help me, for I have chosen Your precepts. I have longed for Your salvation, O Lord, and Your law is my delight. Let me live that I may praise You, and let Your decrees help me. I have gone astray like a lost sheep; seek, inquire for, *and* demand Your servant, for I do not forget Your commandments. Psalm 119:169-176 (AMP)

AMP      Psalm 119:169-176

**Promises**      *Let My Lips Utter Praise*

Let my cry come before You, O LORD; Give me understanding according to Your word. Let my supplication come before You; Deliver me according to Your word. Let my lips utter praise, For You teach me Your statutes. Let my tongue sing of Your word, For all Your commandments are righteousness. Let Your hand be ready to help me, For I have chosen Your precepts. I long for Your salvation, O LORD, And Your law is my delight. Let my soul live that it may praise You, And let Your ordinances help me. I have gone astray like a lost sheep; seek Your servant, For I do not forget Your commandments.

NASB      Psalm 119:169-176

**Promises**      *My Lips Will Pour Forth Praise*

Let my cry come before you, O LORD; give me understanding according to your word! Let my plea come before you; deliver me according to your word. My lips will pour forth praise, for you teach me your statutes. My tongue will sing of your word, for all your commandments are right. Let your hand be ready to help me, for I have chosen your precepts. I long for your salvation, O LORD, and your law is my delight. Let my soul live and praise you, and let your rules help me. I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments.

ESV      Psalm 119:169-176

**Promises**      *My Lips Shall Utter Praise*

Let my cry come before You, O LORD; Give me understanding according to Your word. Let my supplication come before You; Deliver me according to Your word. My lips shall utter praise, For You teach me Your statutes. My tongue shall speak of Your word, For all Your commandments *are* righteousness. Let Your hand become my help, For I have chosen Your precepts. I long for Your salvation, O LORD, And Your law *is* my delight. Let my soul live, and it shall praise You; And let Your judgments help me. I have gone astray like a lost sheep; Seek Your servant, For I do not forget Your commandments.

NKJV      Psalm 119:169-176

**Promises**      *Let Praise Cascade Off My Lips*

Let my cry come right into your presence, GOD; provide me with the insight that comes only from your Word. Give my request your personal attention, rescue me on the terms of your promise. Let praise cascade off my lips; after all, you've taught me the truth about life! And let your promises ring from my tongue; every order you've given is right. Put your hand out and steady me since I've chosen to live by your counsel. I'm homesick, GOD, for your salvation; I love it when you show yourself! Invigorate my soul so I can praise you well, use your decrees to put iron in my soul. And should I wander off like a lost sheep—seek me! I'll recognize the sound of your voice.

MSG      Psalm 119:169-176

**Promises**      *I Will Praise You*

O Lord, listen to my prayers; give me the common sense you promised. Hear my prayers; rescue me as you said you would. I praise you for letting me learn your laws. I will sing about their wonder, for each of them is just. Stand ready to help me because I have chosen to follow your will. O Lord, I have longed for your salvation, and your law is my delight. If you will let me live, I will praise you; let your laws assist me. I have wandered away like a lost sheep; come and find me, for I have not turned away from your commandments. Psalm 119:169-176 (TLB)

TLB      Psalm 119:169-176

**Promises**      *Let Me Speak Your Praise*

Hear my cry to you, LORD. Let your word help me understand. Listen to my prayer; save me as you promised. Let me speak your praise, because you have taught me your demands. Let me sing about your promises, because all your commands are fair. Give me your helping hand, because I have chosen your commands. I want you to save me, LORD. I love your teachings. Let me live so I can praise you, and let your laws help me. I have wandered like a lost sheep. Look for your servant, because I have not forgotten your commands. Psalm 119:169-176 (NCV)

NCV      Psalm 119:169-176

# Praise Flow From My Lips

Year \_\_\_\_\_ Week \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

**Promises** – Psalm 119:169-176

**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?)***

O LORD, listen to my cry; give me the discerning mind you promised. Listen to my prayer; rescue me as you promised. Let praise flow from my lips, for you have taught me your decrees. Let my tongue sing about your word, for all your commands are right. Give me a helping hand, for I have chosen to follow your commandments. O LORD, I have longed for your rescue, and your instructions are my delight. Let me live so I can praise you, and may your regulations help me. I have wandered away like a lost sheep; come and find me, for I have not forgotten your commands. Psalm 119:169-176 (NLT2)

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

O LORD, | listen to my cry; | give me the discerning mind you promised. | Listen to my prayer; | rescue me as you promised. | Let praise flow | from my lips, | for you have taught me your decrees. | Let my tongue sing about your word, | for all your commands are right. | Give me a helping hand, | for I have chosen to follow your commandments. | O LORD, I have longed for your rescue, | and | your instructions are my delight. | Let me live | so I can praise you, | and may your regulations help me. | I have wandered away | like a lost sheep; | come and find me, | for I have not forgotten | your commands. Psalm 119:169-176 (NLT2)

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

Lord, thank you for giving me understanding according to your word. Your word has given me freedom. With a heart filled with praise I will give thanks to you for your word. Thank you that your word is empowering me to live the life of salvation you have for me. Amen

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

**How are you making it your prayer to ask the Lord to give you understanding according to His word?**

How is the power of God's word bringing His deliverance and freedom into your life?

**What praise and thanks would you like to offer to God for Him teaching you from His word?**

How has God's hand been ready to help you as you have followed and obeyed His word?

How has God shown Himself to you and unfolded His salvation for you through His word?

**How has God's word been empowering you to live the life of salvation He has secured for you?**

How is God's word prevented you from wandering and straying away from Him?

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

Give praise and thanks to God for His word working powerfully in your life.

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

Have faith that God will use His word to powerfully work in your life.

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

Share with another person or your small group how God's word has been working powerfully in your life.

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**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*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?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

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

*May praise flow from your lips for God using His word to work in your life.*

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**Prayer To Carry**

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

*Lord, with a heart filled with praise, I thank you for using your word to work in my life.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how do you want to use your word to work in my life today?*

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