***Hello Valley Heights Ladies!***

An overview of *“SEEKING CHRIST”* through our study of the second half of Psalm 119!

Our Theme verse: **Psalm 119:2 “How blessed are those who observe His Testimonies who SEEK HIM with** ***ALL their HEART”***

Let’s take one more glance at some of the “dazzling facets” and bountiful benefits of Psalm 119!

**LAMEDH**- Psalm 119:89-96

*The Word of God* ***LINKS us to CHRIST in ‘’THE HEAVENLY PLACES”****!*

**Key Verse: verse 89** “Forever, O LORD, Your word is settled in heaven.”

***CHRIST IS ETERNAL!***

*Ephesians 2: 4-6 “But God, rich in mercy and great love, made us alive, and raised us up with HIM, and seated us with Him In* ***THE HEAVENLY PLACES*** *in Christ Jesus.”*

Ladies, we are *PARTAKERS* of something divine, supernatural and out of this world!! Jesus Christ our ***ETERNAL*** ‘heavenly bridegroom,’ our head and representative has sat down, sustaining and stabilizing us along with the entire universe! Life is not *COMPLETE* unless the Word of God has a *PERMANENT PART* in our daily lives!! So ‘let’s rise’ and intentionally put our feet on the *PROTECTIVE PATH* of God’s Word! It is God’s Word that sustains and stabilizes our feet and emotions from going out of control!! Ladies, are we purposefully ‘linking’ our *THINKING* to the *PERSON* of Christ and our *POSITION* in Christ?

**PRAYER:**

**MEM**- Psalm 119:97-104

*The Word of God* ***MAKES us WISE through the MIRACLE of new birth, MEDITATION and MATCHLESS******CHOICES!***

**Key Verse: verse 97** “O how I LOVE Your law! It is my meditation all the day!”

***CHRIST IS WISDOM!***

*1 Corinthians 1:30,31 “BUT by HIS DOING you are in CHRIST JESUS, who became to us WISDOM from God, and righteousness and sanctification and redemption, so that, just as it is written, LET HIM WHO BOASTS, BOAST IN THE LORD.”*

Acts 4:13 says, “Now they (their enemies, teachers, aged) observed the confidence of Peter and John and understood that they were uneducated and untrained men, they were amazed, and began to recognize them ***AS HAVING BEEN WITH JESUS***.” Beautiful! Peter and John had more wisdom because they had been with Jesus!! Ladies, are we women in our homes, in our circle of friends, in our church and in our community who sparkle: *‘WOMEN WHO HAVE BEEN WITH JESUS?’*

**PRAYER:**

**NUN**-Psalm 119:105-112

*The Word of God* ***NEVER FAILS to GIVE us LIGHT and PRODUCE DIVINE JOY!***

**Key Verses: verses 105,111** “Your word is a lamp to my feet And a light to my path.” “I have inherited Your testimonies forever, For they are the joy of my heart.”

***CHRIST IS LIGHT of THE WORLD!***

*John 8:12 “Jesus spoke…I AM the LIGHT of the world; he who follows Me, will not walk in the darkness, but will have the Light of life.”*

Ladies, God’s word as a lantern in our hands unearths the glistening **‘hidden treasures’** of light and joy that can be ours in the midst of our darkest hours! There is light for the next step! There is light when we are experiencing pain, pressure, loss and disappointment! Our joy must be linked to Christ’s presence! Our joy must be linked to Christ being formed in us! Are we searching for **‘Light’** in our pain?

**PRAYER:**

**SAMEKH**-Psalm 119:113-120

*The Word of God* ***SEIZES our HEARTS and SAFEGUARDS our SOULS FROM ALL DANGERS!***

**Key Verse: verse 120** “My flesh trembles for fear of You, And I am afraid of Your judgments.”

***CHRIST IS JUDGE!***

*Revelation 19:11 “And I saw heaven opened and behold, a white horse, and He who sat on it is called FAITHFUL AND TRUE, and in righteousness HE JUDGES and wages war.”*

“What is the fear of the Lord?” Puritan, Charles Bridges answers, “It is that affectionate reverence by which the child of God bends himself ***humbly*** and ***carefully*** to His Father’s Law. His wrath is so bitter, and His love so sweet, that hence springs an earnest desire to ***PLEASE HIM***, and –because of the danger of coming short form his own weakness and temptations—there is a holy watchfulness and fear.” Ladies are we nourishing our souls by *LEARNING* and *LIVING* what God loves and rejecting what God hates?

**PRAYER:**

**AYIN**-Psalm 119:121-128

*The Word of God* ***ANNOUNCES the ATTITUDES and ACTIONS of a persevering SERVANT!***

**Key Verse: verse 128** “Therefore, I esteem right all Your precepts concerning everything, I hate every false way.”

***CHRIST IS OUR ‘SURETY!’***

*Hebrews 7:18-22 “…Jesus has become the guarantee (surety) of a better covenant.”*

A *SERVANT* of Christ *ADMITS* she is a worshipper and a slave of obedience to the One True God praying, “God be my guarantee, my surety, my security”- take me under your protection all the days of my life! Ladies, do we have a constant ***ATTITUDE*** of praise no matter what our circumstances or trials are?

**PRAYER:**

**PE**-Psalm 119:129-136

*The Word of God* ***PROVES its PROLIFIC PRESENCE and POWER!***

**Key Verse: verse 129** “Your testimonies are wonderful; Therefore my soul observes them.”

***CHRIST IS ‘LIVING WATER!’***

*John 4:14 says, “but whoever drinks of the water that I will give him shall NEVER THIRST; but the water that* *I will give him will become in him a well of water springing up to eternal life.”*

Ladies, do the *‘WONDERS OF GOD’S WORD’* lull you into complacency? Does the Word of God energize you to thirst for ***HIM*** during ‘divine droughts?’ Do our souls long to be satisfied by our *‘LIVING GOD’*?

**PRAYER:**

**TSADHE**-Psalm 119:137-144

*The Word of God* ***TESTIFIES****:* ***T****ruth* ***S****ettles* ***A****nd* ***D****etermines ‘a’* ***H****oly* ***E****xistence!*

**Key Verse: 137** “Righteous are You, O LORD, And upright are Your judgments.”

***CHRIST IS ZEALOUS!***

*John 2:17 “…ZEAL for your house will consume Me.” Jesus cleansed the temple to show HIS PASSION for reverence and HOLINESS!*

*Transformation* starts at desiring Him exclusively! *Transformation* starts at desiring His Eternal Words of Life! *Transformation* starts at developing a hatred for sin and an extreme passion for holiness! Why? Because we have been ***JUSTIFIED*** by faith! *Transformation* starts at disengaging from the world and knowing God honours endurance! *Transformation* starts at developing a habit of eternal praise – giving thanks *for EVERYTHING*! Are you praising God that Jesus Christ Himself who accomplished salvation in us *WILL* complete ***SANCTIFICATION*** in us!! Ladies, this stanza brings great inspiration to influence others for righteousness! How is the power of the ***GOSPEL*** transforming our lives today? (Daniel 12:3, 1Thess.2)

**PRAYER:**

**QOPH**-Psalm 119:145-152

*The Word of God* ***QUIETS our HEARTS as we CRY OUT to HIM!***

**Key Verse: 151** “You are near, O LORD, and ALL Your commandments are truth.”

***CHRIST IS COMPASSIONATE!***

*Matthew 20: 29-34 “…they cried out all the more…Moved with COMPASSION, Jesus touched their eyes; and immediately they regained their sight and followed Him.”*

Prayer is the “birthplace of Biblical humility.” ***Prayer*** *ENGAGES* our whole hearts and *EXPRESSES* our willingness to ***SUBMIT***our will to that of God’s!  ***Prayer*** *SENSITIZES* our dependence and *SIMPLY* waits for God to act! Ladies, is our cry continually and courageously persistent, believing **GOD IS NEAR** and hears and answers our prayers according to His good pleasure? (Phil.3:8, Lk.11:1, Lk.18:1, Heb.4:15,16)

**PRAYER:**

**RESH**-Psalm 119:153-160

*The Word of God* ***REVEALS the REALITIES of how we can be REVIVED by our Great Merciful Physician!***

**Key Verse: 156** “Great are Your Mercies, O LORD; Revive me according to Your ordinances.”

***CHRIST IS OUR MERCIFUL PHYSICIAN!***

*Ephesians 2:4 “But God, BEING RICH IN MERCY, because of His GREAT LOVE, with which He loved us…”*

Ladies, are we ‘struggling servants’ who will bring our challenges and *COMPLAINTS* before our Merciful Physician? Do we believe He will always make an accurate *DIAGNOSIS* because He knows our hearts? Do we believe that He will administer the same ***MERCIFUL TREATMENT*** every time! Do we believe that His ***HOPEFUL*** *PROGNOSIS* can be fully trusted and embraced! Ladies, our physician’s goal is spiritual ***REVIVAL***!! Trials force us to look over and over again at the *PRESCRIPTION* that our Physician has ordered till we’ve memorized what we clearly need to do, without looking—Ps. 119:71!

**PRAYER:**

**SHIN**-Psalm 119:161-168

*The Word of God* ***SHINES HIS GREAT PEACE into EVERY FACET of our LIVES!***

**Key Verse: 165** “Those who love Your law have great peace, And nothing causes them to stumble.”

***CHRIST IS OUR PEACE!***

*2 Thessalonians 3:16 “Now may the Lord of PEACE Himself continually grant you PEACE in every circumstance. The Lord be with you all!”*

Ladies, ***‘The PEACE of Christ’*** and ***‘The WORD of Christ’*** go hand in hand! We cannot separate the two! Scripture should permeate every part of our lives and needs to be controlling every thought, emotion, response, word and deed! And when it does, motivated by our love for Christ, we will obey, we will be thankful, we will teach the younger women, we will teach our children the Word of God, we will have the Word of God upon our lips as we speak and as we sing! We will know the ***PEACE*** of Christ and *HE* Himself will quiet our hearts! Has He put a ***NEW SONG*** in our hearts, so others will *SEE*, *FEAR* and *TRUST* in the Lord? (Colossians 3:15,16 -- Psalm 40:1-3)

**PRAYER:**

**TAV**- Psalm 119:169-176

*The Word of God* ***TRANSFORMS our HEARTS to FULLY TRUST the GOSPEL of GRACE!***

**Key Verse: 176** “I have gone astray like a lost sheep; seek Your servant, For *I do not forget* Your commandments.”

***CHRIST IS OUR GOOD SHEPHERD and GUARDIAN of OUR SOULS! (Jn.10:11-14, Ps.23, 1 Peter 2:25)***

We close this study with my **PRAYER** for you**: Hebrews 13:20,21** “Now the *God of peace*, who brought up from the dead the *GREAT SHEPHERD* of the sheep through the blood of the eternal covenant, even *Jesus our Lord*, **equip you** in every good thing **to do** His will, working in us that which is *pleasing* in His sight, through Jesus Christ, to whom be the *glory forever* and ever, AMEN.”

**Blessings to you all!**

**Joyfully, Christyn**