Hello Valley Heights Ladies! Reviewing our March 28th Bible Study!

*A quick look at “Heth”---Psalm 119:57-64*

**The Word of God HELPS us to EXAMINE our lives and DIRECTS our FEET on the path of OBEDIENCE!**

The psalmist in this stanza: makes some very strong declarations, reveals promises he has made and what he has sought, displays humility and dependency in his prayers, reflects and responds to the commandments of God even though darkness surrounds him, experiences a sense of urgency to OBEY, worships the LORD as thanksgiving flows from his lips, unites himself with others with the same goals towards holiness, and shows that his satisfaction in life rests in the greatest manifestation of God’s mercy----***THE WORD of GOD***—Jesus Christ Himself-the Word became flesh!

Ladies, let’s make this stanza come alive in our own walk! Let’s be resolved by the power of prayer and the Holy Spirit to make God our “portion”—our inheritance - a ***LIVING REALITY*** through our ***OBEDIENCE***!!!

Let’s speak to our own hearts and say, **BECAUSE CHRIST IS OUR INHERITANCE**:

**I** will continue to show my love for Christ as I SEEK to OBEY His Word - the very Word that has saved me.

 **Psalm 119:57**, John 14, Matt. 11:29,30

**N** ever will I forget the vast realities and benefits of being God’s own possession and purposefully pass on my

 spiritual heritage to the next generation. **Psalm 119: 57**, Eph. 1, 1 Peter 1:1-25, Prov.22:6

**H** umbling myself in prayer, seeking His face and pleading for help to walk the path of obedience becomes

 my earnest desire because I know nothing else will satisfy! **Psalm 119:58**, Psalm 142:5

**E** xamining my habits, by behavior, my attitudes, my choices, my words, my thoughts, my reactions under the

 light of God’s standard is a challenge, but necessary for my growth. **Psalm 119:59**

**R** epentance is now produced in my mind, expressed through my emotions, and revealed through my “feet” –

 moving in the direction of God’s standards for my behavior.**Psalm 119:59**, Lk. 13:3,5; 22:32; 2 Cor. 7:10

**I** will not linger, wait around, delay or even hesitate to obey because I have learned that “delayed obedience is

 disobedience” & disobedience is connected to unbelief! **Psalm 119:60**, Num.13-14, 1Sam 15, Heb 3:18-19

**T** hough sorrows and struggles and suffering surrounds me, I will NOT forget what God’s Word says and see

 my trials in the light of His greatness! **Psalm 119:61**, 2 Corinth.12:9, 2 Tim. 3:12, Romans 8:18

**A** t all hours of the night, I am resolved to WORSHIP and MAGNIFY God and HONOUR Him by offering a

 sacrifice of thanksgiving! **Psalm 119:62**, Ps. 42:8, 50:14,23, 149:5, Acts 16:23-25

**N** othing should distract me from seeking His face and running to His Word no matter what time it is on the

 clock, or what circumstance lands in my lap or unfolds in my day. Victory and deliverance “guides me in

 the paths of righteousness.” **Psalm 119:62**, Psalm 23:3, Psalm 147

**C** hoosing companions who treasure the Gospel of Christ, who treasure the commands of God, whose

 influence is THE WORD rather than the WORLD becomes my priority to pursue and maintain!  **Psalm**

 **119:63**, Prov. 13:20, Prov. 28:7, Eccl. 4:10, Phil. 4:3, Eph. 5:8-10

**E** very spiritual blessing; chosen, adopted, redeemed, forgiven, grace, hope, heirs, kingdom, eternal life, His

 power, His presence…..MY INHERITANCE, satisfies me and compels me to *obey* and walk humbly with

 my God! **Psalm 119:64**, Psalm 33,36, Psalm 104:13, Micah 6:8

Ladies, this stanza brings us to a fork in the road. Which way will we turn in the midst of our battles? Will we be WISE women, choosing to build our lives on the rock and hearing and doing the will of God? Or will we be foolish women who hear the Word of the Lord but not act on it? (Matthew 7:24-27). Have we promised to “KEEP” His Words because we have pledged our lives to the Lordship of Christ?

As in Aleph, we see the word “KEEP” repeated 3x of its 21 appearances in this powerful Psalm. It is a verb that means; to protect, to preserve and to perform! It cries out to us over and over again appealing for us to OBEY, which is a positive and active response to listening to the Word of God. “Obedience requires a daily, if not moment-by-moment, surrender.” Jesus said, “Blessed rather are those who hear the word of God and Keep it” (Luke 11:28).

I love what Nancy Leigh DeMoss says in her study “SEEKING HIM.” “The ***ONLY*** reliable means of measuring our love for God is to EXAMINE whether we obey Him. We may dress the part, act the part, talk the part of being a Christian, but none of these things prove that we genuinely love God. *OBEDIENCE is the only way*. God loves His children. He knows that we cannot fully experience and enjoy His love unless we are obedient to Him. Obeying God is not meant to be a sterile, cold requirement; rather, it is a willing, glad-hearted response to ONE who loves us extravagantly and has our best interests at heart. God does not stand by at a distance, demanding our obedience. Rather, He blesses us by allowing us to be a part of accomplishing His purposes. He calls us ***to SURRENDER***, invites us ***to FOLLOW***, empowers us ***to SERVE***, and then ***BLESSES*** our obedience.”

Ladies, there is much to prayerfully ponder here, I know, because it has taken me a whole day to practically think this stanza through as I write this recap for my own heart and life. I pray, your heart, like mine has been probed, pricked and planted with truth. Ladies, we CANNOT obey God without HIS GRACE. God WILL give grace to those who humble themselves and call upon His Holy name!

My prayer for you is from Acts 20:32 “And now I commend you to God and to *the Word of His grace*, which is *able to build you up* and to give you the *inheritance* among all those who *are sanctified*.”

Blessings,

Christyn

Our next study will be TUESDAY, APRIL 10TH @ 9:15ISH at Brad and Lisa Roseboom’s home! I will be praying for you as you mine out the many jewels in our next stanza, **“TETH” Psalm 119:65-72**!