**Hello Valley Heights Ladies!** Reviewing our Jan.15th Bible Study!

A quick look at “Pe” ---Psalm 119: 129-136

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

Psalm 119:18 “Open my eyes, that I may behold ***WONDERFUL*** things from Your law.”

Psalm 119:27 “Make me understand the way of Your precepts, so I will meditate on Your ***WONDERS***.”

Martin Luther stated that there are 3 rules frequently proposed in how to study the Bible the right way as seen throughout Psalm 119! They are, “prayer, meditation and tribulation.” Martin Luther called these, “the surest foundation and the best classroom to learn and study the theological ‘WONDERS’ of the Bible.”

Ladies, too often we meditate and fill our minds with many other ‘WONDERS’. Such as, “I wonder if they will ever understand?” “I wonder why he’s not saying anything?” “I wonder when he will ever change?” “I wonder when this will ever end?” “I wonder why she’s all of a sudden ignoring me?” “I wonder if I’ll ever have time for myself?” I wonder why I so often feel this way?” “I wonder if I can do it?” “I wonder how…?” There are endless ‘wonder’ questions that too often debilitate us from focusing on the true WONDERS of Christ and His Word. We are guilty of looking *inwardly* to ourselves and *outwardly* to others and our circumstances, trying to ‘figure everybody out’, and trying to understand ‘what’s ‘going on.’ We so quickly forget to ***STOP*** and really pray and meditate on the profound truths of scripture and look ***upward*** to the *One* who does everything according to His will in the course of our everyday lives!

Ladies, let’s forsake our self-centered thinking and raise our eyes toward heaven and bless “***the Most*** ***High***” to ponder some **WONDERS OF GOD’S WORD** from the 17th stanza of Psalm 119! ***God’s Word***:

Vs.129a **W** itnesses to us—**CHRIST IS WONDERFUL**! *Our King who came and IS coming again!*

Vs. 129b **O** ccupies our thoughts as we give full devotion to obeying them!

Vs.130a **N** avigates us from the dark corners of our hearts giving us direction, instruction and **light**!

Vs.130b **D** evelops the skills for us to journey through this life attentively, carefully and skillfully!

Vs.131a **E**  nergizes us to thirst for Him during ‘divine droughts’ as we eagerly ***SEEK*** ‘the living God’!

Vs.131b  **R** ings with so much **TRUTH** that it can only cause us to thirst for more!

Vs.132a **S** imply sends us to our knees in dependence upon Christ in prayer!

Vs.132b **O** penly reveals the manner by which God shows His favour and **grace** upon us!

Vs. 133a  **F** aithfully prepares and gives rhythm to our feet to walk victoriously and confidently in Him!

Vs.133b **G** ently reminds us we are ‘slaves of righteousness’—‘*freed from sin and enslaved to God*!’

Vs.134a **O** verpowers, conquers and defeats our enemies by setting us free from the fear of man!

Vs.134b **D** iverts our thinking from protecting self to protecting and preserving our Lord’s reputation!

Vs.135a  **S** hows us how to have child-like confidence in approaching our ‘**Abba-Father**!’

Vs.135b **W** eakens our formality, hardness and despondency when we cry out; Teach me to be like You!

Vs.136a **O** verwhelms and grieves our hearts when it is ignored, disobeyed, and treated as a lie!

Vs. 136b **R**  eminds us of Christ’s melting **COMPASSION** for a lost world and a burning zeal for His glory!

Vs. 135b **D** emonstrates fully the ***WAYS*** and ***WILL*** and ***WONDERS*** of ***CHRIST HIMSELF***!

God’s Word is ***SO WONDERFUL***! Christ Himself - beautiful **BEYOND** description!!

This **IS NOT** a boring stagnate book, ***It is ALIVE*** and **SO REFRESHING**!

“There is **NOTHING** that can ever compare to the ***‘WONDERS’*** of this Book! “

Ladies, when we read some of the **’WONDERS OF GOD’S WORD’**, are we lulled into complacency and say in our hearts, ‘Yeah, you haven’t said anything I don’t already know; these things don’t really make a difference in my life?’ If so, maybe, instead of just reading these ‘wonders’, let’s try a different approach. Let’s humbly and prayerfully and thankfully and meditatively ponder, review, chew on, digest and drink in these ***PRAISEWORTHY PROCLAMATIONS*** that ***POINT*** us, *not only* to “the **LIVING** and **ACTIVE** Word” –Hebrews 4:12, ***BUT*** TO *JESUS’* **PRESENCE** and **POWER**:

Our ‘**LIVING WATER’** John 4:10-30!

Our ‘**LIVING HOPE’** 1 Peter 1:3!

Our ‘**LIVING GOD’** Psalm 42:1,2 “As the deer pants for the water brooks, so my soul pants for You, O God. My soul thirsts for God, the LIVING GOD…”

Ladies, we know that drinking a generous amount of water every day is ***VITAL*** to our health and has ***tremendous health benefits***. We know that every cell in our body needs water from head to toe and that if we don’t supply enough water to our bodies, our brains, especially, cannot function well.

***The Word of God is like drinking water:***

**Vs.129** Drinking in a healthy amount of God’s Word daily is VITAL to our obedience and growth!

**Vs.130** As it enters our minds, it helps us think better and be more alert, giving us concentration to make wise choices!

**Vs. 131** It suppresses our appetite for the things of the world, intensifying our longings to ***SEEK*** Him!

**Vs. 132** It replenishes those who turn to ***Christ “our Living Water”,*** seeing and experiencing the multiple spiritual, emotional and physical benefits!

**Vs.133** It fuels our spiritual muscles (ability); giving us more energy to fight remaining sin, while flushing out the toxins and waste products in our lives!

**Vs. 134** It detoxifies us; purifying, cleansing and removing the effects of sin (disease) so we can be freed to be used by Him!

**Vs. 135** It causes us to look and learn more intensely at the effects of His grace in our lives resulting in RADIANCE and a healthy glow!

**Vs. 136** It gives our bodies the ability to shed tears; grieve and sorrow. The Word of God produces increased sensitivity- God’s desires becoming our desires. We begin to weep over the things that He weeps over and mourn over the things He mourns over. Mark 3:5--

So… let’s ***be intentional*** about supplying and saturating ‘every cell’ of our bodies *daily* with God’s ***VITAL*** Words! Let’s be intentional to **SEEK CHRIST** with all of our hearts and truly be satisfied In **HIM** as we look ***upward*** to God “**Most High**” who is ruler over the realm of mankind! (Daniel 4!)

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.”

Joyfully looking forward to studying ‘Tsadhe’-Psalm 119:137-144 Lord willing on Tue.Jan.29 @Brad and Lisa Roseboom’s!