*Hello Valley Heights Ladies!*

An overview of *“SEEKING CHRIST”* through our study of the first 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!

**ALEPH**- Psalm 119:1-8

*The Word of God* ***AWAKENS*** *and* ***ALERTS*** *our soul to the* ***AUTHORITY*** *of God’s Word and how we as* *women can walk a blameless life!*

**Key Verse: verse 1** “How blessed are those whose way is blameless, Who walk in the law of the LORD”

***CHRIST IS BLAMELESS!***

*2 Samuel 22:26b “…With the blameless You show Yourself blameless”*

“How blessed”- root word for blessed is a verb: to go straight, walk, advance, make progress *‘ONE WAY’*

Ladies, the **ROOT** of true happiness and true blessing comes from walking with Christ, advancing Christ, and proclaiming Christ! “Blessed” is not mere sentiment, it’s deep! It has ***ROOTS***! It reveals a heart that has a deep ‘seeded’ joy and contentment in Christ alone, His Words alone!

**PRAYER:**

**BETH**- Psalm 119:9-16

*The Word of God is a* ***BANQUET*** *of* ***PURITY****!*

**Key Verse: verse 9** “How can a young man(or woman) keep his(her) way pure? By keeping it according to Your Word.”

***CHRIST IS PURE!***

*1 John 3:3 “And everyone who has this hope fixed on Him purifies himself just as He is pure.” (Ps 18:26)*

 Ladies, let’s determine to make a **BATTLEPLAN** against impurity, immorality and immodesty!

‘BLESSED ARE THE PURE IN HEART, FOR THEY SHALL SEE GOD’ Matthew 5:8

**PRAYER:**

**GIMEL**-Psalm 119:17-24

*The Word of God* ***GIVES CLEAR COUNSEL****!*

**Key Verse: verse 24** “Your testimonies also are my delight; They are my counselors”

***CHRIST IS OUR WONDERFUL COUNSELOR!***

*Isaiah 9:6 “…And His name will be called WONDERFUL COUNSELOR, Mighty God, Eternal Father, Prince of Peace.”*

 God’s Word gives counsel for ***EVERY*** emotion we experience, ***EVERY*** thought we think, ***EVERY*** word we need to say, and ***EVERY*** decision we need to act on. The Holy Spirit ***WILL*** teach us and help us!

**PRAYER:**

**DALETH**-Psalm 119:25-32

*The Word of God* ***DELIVERS*** *us from* ***DEPRESSION****!*

**Key Verse: verse 25** “My soul cleaves to the dust; Revive me according to Your word”

***CHRIST IS OUR DELIVERER!***

*Psalm 107:19,20 “Then they cried out to the LORD in their trouble; He saved them out of their distresses. He sent His word and healed them, And delivered them from their ‘pits’”*

Ladies, even though our emotions and feelings, and hormones, and circumstances are swirling within and around us; May ***THE*** Word of God define us, direct us and drive us into a deeper pursuit of God!

**PRAYER:**

**HE**-Psalm 119:33-40

*The Word of God* ***HELPS*** *us* ***TURN AWAY*** *from* ***VANITY****!*

**Key Verse: verse 37, 40b** “ Turn away my eyes from looking at vanity, And revive me in Your ways…Revive me through Your righteousness”

***CHRIST IS RIGHTEOUS!***

*Proverbs 31:30 “Charm is deceitful and* ***beauty is vain****, BUT a woman who fears the LORD, she shall be praised” (Matt. 6:33)*

 May we never be women set in **“OUR”** ways, but always learning, obeying, delighting, striving, watching, longing, persevering and growing **CONSISTENTLY** in **“HIS”** ways! Prayerful, OH, so prayerful!

**PRAYER:**

**VAV**-Psalm 119:41-48

*The Word of God gives us* ***VICTORY*** *and* ***CONFIDENCE*** *in the Battles of Life!*

**Key Verse: verse 41,44** “May Your lovingkindnesses also come to me, O LORD, Your salvation according to Your word…So I will keep Your law continually, Forever and ever”

***CHRIST IS OUR VICTORY!***

*1 Corinthians 15:57 “BUT thanks be to God, who gives us the VICTORY through our Lord, Jesus Christ”*

*Proverbs 31:25 “****STRENGTH AND DIGNITY ARE HER CLOTHING, AND SHE SMILES AT THE FUTURE****.”*

The Son of God is with us ladies in the midst of the storm as the “winds of opposition shred our sails.” He will give us strength of heart, strength of soul, and strength of mind as we eagerly receive ***the WORD*** ***of GOD*** and live as God intended confined to the “tracks of TRUTH!”

Remember, “The train is never more freer and running smoothly when it is where it ought to be; confined and restricted to the tracks, doing what it was intended to do and performing as it was intended to perform!”

**PRAYER:**

**ZAYIN**-Psalm 119:49-56

*The Word of God produces* ***ZEALOUS WORSHIP*** *that leads to* ***COMFORT*** *and a* ***SONG-FILLED HEART!***

**Key Verse: 50, 54** “This is my comfort in my affliction, That Your word has revived me. Your statues are my songs In the house of my pilgrimage”

***CHRIST IS the GOD OF ALL COMFORT!***

*2 Corinthians 1:3-7 “Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God…”*

Ladies, the ***LORD*** our ***HELPER is HERE***! ***“JEHOVAH-SHAMMAH***-***The Lord is My Companion.”*** Through Jesus Christ, the Holy Spirit of God intercedes for us, motivates us, supports us, relieves us, assists us, assures us, calms us…as He dwells ***IN*** us! John 14:26,27, 1 Cor. 3:16

**PRAYER:**

**HETH**-Psalm 119:57-64

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

**Key Verse: 57** “The LORD is my portion; I have promised to keep Your words”

***CHRIST IS OUR INHERITANCE!***

*1 Peter 1: 3,4 “ Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away…”*

Ladies, this stanza brought us to a fork in the road. We had to ask ourselves, 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 God 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? Ladies, we *CANNOT* obey God without ***HIS GRACE***. God *WILL* give grace to those who humble themselves and call upon His Holy name!

**PRAYER:**

**TETH**-Psalm 119:65-72

*The Word of God* ***TEACHES*** *us about* ***THE GOODNESS of GOD*** *and how* ***WE CAN BEAR GOOD FRUIT!***

**Key Verse: 68, 71** “You are good and do good; Teach me Your statues. It is good for me that I was afflicted, That I may learn Your statutes”

***CHRIST IS THE VINE!***

*John 15: 1,2 “* ***I AM*** *the true vine and My Father is the vinedresser (caretaker of the vine)… and every branch that bears fruit, He prunes it* ***(cuts away and removes from us anything that delays or drains our******spiritual growth)*** *so that it may bear more fruit.”*

Ladies, we are seeing the powerful effect of the Word of God on one who is continually being carefully provided for and providentially pruned! May we too produce sweet fruit through the trials of life because the WORD of GOD has been **THE** essential nutrient for our growth and development!

***PROTEINS HAVE PURPOSES***---BUT so do AFFLICTIONS!

**PRAYER:**

**YODH**-Psalm 119:73-80

*The Word of God* ***YOKES FAITHFULNESS*** *in* ***AFFLICTION****!*

**Key Verse: 75** “I know, O LORD, that Your judgments are righteous, And that in faithfulness You have afflicted me.”

***CHRIST IS FAITHFUL!***

*1 Corinthians 10:13 “ No temptation(trial or pressure) has overtaken you but such is common to man; and* ***GOD IS FAITHFUL****, who will not allow you to be tempted (tried or pressured) beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it”*

Ladies, like the psalmist who penned this brilliantly bold battle plan in the midst of his hardships, we too can have the privilege of not only proclaiming **HIS FAITHFULNESS** but living faithfully when we are pressed in on every side! When the testing comes, when the heat is applied, we **MUST** rest in the refiner’s hands. The refiner ***NEVER*** leaves the “silver ore”- US, it is (we are) too precious to be lost in the fire and too valuable to be burned.” Our Lord *purposefully* and *intentionally* plans for us to become more like **HIM**!!

**PRAYER:**

**KAPH**- Psalm 119:81-88

*The Word of God* ***CARRIES*** *us to the* ***CROSS of COMMITMENT*** *and causes us to be* ***COMMITTED*** *to* ***THE*** ***CROSS****—In the VALLEY there is VISION!*

Spurgeon said it best; ***“This octave is the midnight of the psalm, and very dark and very black it is.”***

**Key Verse: 88** “Revive me according to Your lovingkindness, So that I may keep the testimony of Your mouth”

***CHRIST IS OUR MASTER!***

*John 15:20 “A slave is not greater than his* ***master****. If they persecuted* ***Me****, they will also persecute you; if they kept* ***My word****, they will keep yours also”*

Ladies, let’s think about what Pastor Lawson says, “There is ***no way*** for you and I to pull out of an emotional and spiritual tailspin independently from the Word of God pulling us up and out! The Word of God is our **ONLY** lifeline that keeps us from drowning emotionally in the midst of a trial! We **MUST** drink in His supernatural truths daily” to keep afloat!

May it be our continuous prayer to be committed to our **MASTER** and allow the transforming power of His grace and Spirit to use us to influence and attract others to the light of the gospel in the pressure of our darkest hours----Just like the ***ANGLERFISH*** whose flashlight projection from her head glows brightly attracting other fish in the darkness of the deepest part of the ocean!

**PRAYER:**

**Blessings to you all! And Lord willing we continue to mine out many more gemstones in the rest of this beautiful Psalm in the fall!**

**Joyfully, Christyn**