

GOD'S WORD IS A DELIGHT TO THE SOUL

YEAR: TRANSFORM / FOCUS: I AM GROWING
SERIES: GOD IS THE TEACHER - I AM A STUDENT

BIG TRUTH: GOD'S WORD IS A DELIGHT TO THE SOUL

Psalm 1:1-3; Acts 2:16-21, 42-43

BIBLE VERSE: PSALM 119:15-16

"I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word."

BIG IDEAS

- God's Word is a treasure, not an ATM.
- To meditate on the Word is to read, ponder, and speak God's Word to ourselves, replacing our thoughts with His.
- To memorize the Word is to set it to memory so that it can constantly reshape our worldview, motives, and actions.

BIBLE PASSAGE: PSALM 119:14-16, 97-112

TRANSFORM - I AM GROWING

The Transform Year is an exploration of what it means to become a "new creation" in Jesus. (2 Corinthians 5:17) In order for this to happen, we must first find our identity in Him. Many of us live in a consistent state of identity crises. We wrestle with questions like who am I, where do I belong, why do I exist? The answer to these questions is found in Jesus. Our prayer for this semester is that like the Apostle Paul we would be able to say, "I have been crucified with Christ, it is no longer I who live, but Christ who lives in me." (Galatians 2:20).

SERIES AIMS



Every student should know that...

- God is the teacher; wisdom and truth come from Him alone.
- Our understanding is limited, broken, and jaded by sin.



Every student should feel...

- Wonder and awe that God has chosen to make Himself known to sinners like us through His Word.
- Overwhelmed by your need for God's wisdom and knowledge found in His Word.



Every student should strive to...

- Use the workouts consistently as a tool to help you grow in your study of God's Word.
- Start a Bible reading plan with a friend or mentor.
- Start memorizing and meditating on the Bible Verse from your workouts.



Every student should ask God to...

- Give you a hunger for the Word.
- Give you perseverance to press on in your pursuit of Him.
- Cultivate heart of humility by helping you see your need for His Word.

GUIDES AND WORKOUTS

The Guide provides a commentary page on each week's Bible verse and on each Big Idea that unpacks the Big Truth. Each week also includes a Student Workout as a resource to help the student pursue spiritual disciplines on their own. Additionally, each week has a Family Workout that helps equip parents and guardians to have spiritual conversations with their student.



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GOD'S WORD IS A DELIGHT
TO THE SOUL**BIBLE VERSE: PSALM 119:15-16**

"I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word."

Meditating upon God's Word produces delight.

"I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes;"

- Meditating, or intentionally thinking upon God's Word, leads to life change. When we think on God's Word, we are filling our minds, hearts, and soul with His truth and His truth changes us from the inside out. Part of this internal life change is delight. Meditating on Scripture is emptying our minds of other things and thinking about God's Word in a way that we are drawn to repentance and growth in God. As we think on God's Word, we will grow in our love for Him and for His commands. We will not find His commands burdensome; instead, we will delight in them because we are delighting in Him.

Fixing our eyes on God's Word produces joyful obedience.

"and fix my eyes on your ways. I will delight in your statutes; I will not forget your word."

- When we meditate upon God's Word, we are fixing our eyes on His truth. We are filling our lives with His Word and choosing to follow God's plan and purpose instead of our own. As we meditate upon His Word, we will obey God's Word joyfully. Because God's Word is living and active, as we fill our minds with it, it will penetrate our hearts and produce a glad submission to God and His commands.

Delighting in God's Word produces joy and steadfastness.

"I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word."

- Delighting in God's Word means that we have the right view of His Word and see Scripture for what it is—the Word of God. Delighting in His Word is an extension of our delight in Him. As we focus on God's Word, our lives will become more grounded in His truth. This will lead to a steadfastness in our walk with Him. We will resist temptation more quickly and grow in our Christ-likeness.
- We will find joy no matter our circumstances because the Word of God will dwell richly in our hearts. God's Word is a delight to His children because it is living and active and works in their hearts in incredible ways.

GOD'S WORD IS A DELIGHT
TO THE SOUL**BIG IDEA #1: GOD'S WORD IS A TREASURE, NOT AN ATM.¹****[THIS]**

God's Word is a gift to His people. Psalm 119:14-15 captures this truth. The Psalmist compares his delight in God's Word with a person's delight in riches. God's Word produces an even greater joy than riches produce in a person. When we treasure something, we hold it close to us. It fills our hearts, minds, and lives because we focus on it. Treasuring something takes time. In order to truly treasure God's Word, it requires our time reading, studying, believing, trusting, and memorizing it. As we treasure it, we assess it, focus on it, and contemplate its application to our own lives. We examine it and hold it close to us when we truly treasure it.

[THEREFORE]

Read Psalm 119:14-15. How do you treasure God's Word in your own life?

In Psalm 119:11, the Psalmist says he stores God's Word in his heart so he can avoid sinning. When we treasure God's Word, we store it in our hearts by intentionally filling our lives with it. Colossians 3:16 tells us to let the Word of Christ dwell richly in us. When we do this, we are treasuring it. Psalm 12:6 shows us that those who treasure God's Word understand its great value.

What is your response when your feelings don't match up with truth and you don't "feel" like God's Word is a treasure?

Hebrews 12:2 reminds us that we should fix our eyes upon Jesus and Colossians 3:2 teaches us to discipline ourselves to think about our heavenly home and not our earthly. Proverbs 4:25 serves as a reminder that we have to actively set our minds and thoughts on Christ even when may not feel like it.

What behaviors and disciplines help you treasure God's Word?

In Acts 17:11, we see a picture of believers daily examining God's Word and receiving instruction from it as they treasured it. Proverbs 30:5 shows us that those who receive God's Word as truth are protected because it is a shield of truth over their lives. Jeremiah 15:16 shows us that when we take God's Word and submit to its authority over our lives, it produces a delight in His Word in our hearts.

[THIS]

God's Word is not something that we try to access quickly and then move on to other things. We cannot treat God's Word like an ATM, something we quickly access and then leave. When we treasure God's Word, we will focus on it. We will desire more than a quick withdrawal from it. We will desire to know it and fill our lives with it. God's Word is not intended to be seen or treated as optional, but instead as necessary. ATM's are for quick transactions. The Word of God is for filling our souls with its truth that we might not sin against God. The Word of God is God's way of communicating with His people and revealing Himself to them. If we treat it as something to be quickly done and then forgotten, we will not gain from it. We will not grow in our Christ-likeness.

[THEREFORE]

How have you treated God's Word as an ATM instead of a treasure?

In Nehemiah 9:16, we see that God's people became arrogant and refused to obey His commands. They saw them as optional and not as the Word of God. In Deuteronomy 8:11, we see the warning to not forget God and His commands, but to follow them all of our lives. In 1 John 2:15, we also see that a love for the world leads away from God. When we are distracted by the world, we will not treasure God's Word as we should.

1. 2 Timothy 3:15-16: Scripture is from God. It is divinely inspired and supernaturally given to the world.

GOD'S WORD IS A DELIGHT
TO THE SOUL**BIG IDEA #2: TO MEDITATE ON THE WORD IS TO READ, PONDER, AND SPEAK GOD'S WORD TO OURSELVES, REPLACING OUR THOUGHTS WITH HIS.²****[THIS]**

Psalm 119:97-104 gives us a picture of what it means to meditate upon God's Word. Meditation involves reading and then pondering, or thinking about what we've read and what it tells us about God and ourselves. When we read God's Word, it elicits a response in us. We cannot sit down to God's Word, either reading it ourselves or hearing it read, and not respond in some way. As we consider His Words in connection to our lives, we grow and change. Meditating is the act of seeking to understand a passage of Scripture more in-depth and to apply it to our lives.

[THEREFORE]

How is meditating on God's Word different from just thinking about it or reading it?

In Psalm 1:2, the Psalmist speaks of meditation on God's Word as something more than just thinking about it. It is deeper than just thinking. Joshua 1:8 shows us that meditation leads to a greater obedience because God's Word is implanted in our minds and hearts.

[THIS]

Meditation is an intentional act of replacing our thoughts with God's Word. When we meditate and speak God's Word to ourselves, our minds will be renewed and transformed. Our thoughts will be replaced with God's truth, leading to a greater faith and trust in God. Our hearts will be more in tune with God's will and purpose. Meditation for the believer is not an emptying of our minds of thought, but an exchange of our thoughts for God's Word. We do this so that we hide His Word in our hearts and grow in our Christ-likeness. Psalm 1:1-3 teaches us that when we meditate on God's Word, we are kept from sinning against God because His Word is hidden in our hearts.

[THEREFORE]

Read Psalm 1:1-3. How does meditating on God's Word help you stay rooted in His truth?

Psalm 1:3 tells us that those who know God's Word and meditate upon it are like a tree rooted near a stream. This means that that tree will flourish and grow. Proverbs 4:20-22 shows us that meditating upon God's Word helps us have life in Him and obey His Word.

What are some practical ways you can work to establish the discipline of regularly meditating on God's Word?

Philippians 4:8 teaches us the importance of taking our thoughts captive and thinking on the things of the Lord. Psalm 143:5 shows us that thinking about all that God has done roots us in Him and this will lead us to meditate on His Word. When we focus our minds on God, we will turn to His Word and focus on it. Then we will establish the discipline of meditating upon Scripture.

2. Psalm 119:97-104: Meditating upon God's Word produces joy in a believer.

GOD'S WORD IS A DELIGHT
TO THE SOUL**BIG IDEA #3: TO MEMORIZE THE WORD IS TO SET IT TO MEMORY SO THAT IT CAN CONSTANTLY RESHAPE OUR WORLDVIEW, MOTIVES, AND ACTIONS.³****[THIS]**

In Psalm 119:109-112, the Psalmist expresses the connection between knowing God's Word and living righteously. When we delight in God's Word, we hide it in our hearts. By meditating on and memorizing it, our hearts are saturated with the Word of God. Our memorization of Scripture is not so we can say we have a set number of verses committed to memory. It serves the purpose of transforming our lives. When we memorize it, we change the lens through which we view the world and ourselves. We apply it to our lives and to our circumstances. This type of memorization is an intentional implanting of God's truth in our minds and hearts that we might live righteously before Him.

[THEREFORE]

Read Psalm 119:109-115. What effects on your own life have you seen from your intentional efforts to memorize Scripture?

In Romans 12:2, we see that one effect of knowing Scripture is spiritual growth and knowledge of God. We gain wisdom when we intentionally implant God's Word in our hearts. Psalm 19:7 shows us that wisdom comes from knowing and keeping God's Word. As we seek to memorize Scripture, we will grow spiritually.

[THIS]

When we intentionally commit God's Word to memory, everything about our lives is shaped by Scripture. Our motives will be influenced by Scripture. We will pause and consider if our decisions are for God's glory or our own. We will pause and consider if our actions are God glorifying. Psalm 119:113-117 speaks to the effect of hiding God's Word has on our motives and actions. Memorizing Scripture has the power to keep us from sin as we are reminded of God's commands when we face the temptation to sin. The way we view the world is impacted and shaped by our knowledge and memory of Scripture. When we have committed God's Word to memory and we face our changing culture, we will remain steadfast in our beliefs and views.

[THEREFORE]

How has Scripture memorization helped you make more God-glorifying decisions?

Ezekiel 18:9 shows us that walking in obedience to God's Word helps us live faithfully for Him. When we memorize His Word, we can obey it and walk faithfully. James 1:22 teaches us to be doers of the Word and not just hearers. When we memorize Scripture, we will live it out in our daily lives and fulfill this command to be doers and not just hearers.

What behaviors or actions should we take to memorize Scripture for the purpose of transforming our lives?

Psalm 40:8 shows us that when we delight in God's Word, we will hide it in our hearts and commit it to memory. Hebrews 2:1 teaches us to pay close attention to God's Word so that we might not drift away from it. Proverbs 3:3-4 shows the importance implanting our hearts with God's Word so that it might impact our lives.

3. Psalm 119:109-122: Hiding God's Word in our hearts involves memorizing it so that it might shape every part of our lives.