

Notes: This week we look at Psalm 119 - I've only used part of the 'bet' refrain from this psalm, as it's the longest in the bible. If you have an older group or older group members you may wish to give them another refrain from this psalm to explore too. This part of the song that references youth and so directly speaks to those who are still journeying towards adulthood, it also give a really practical answer, in that we should dive in to the word of God, swim in the messages he gives us and not just dip our toes in the water!

We are going to read a song, a song Jesus may have sung with his friends, a song from the book of songs to be sung - the book called Psalms. This Psalm is a little bit special - it's an acrostic, it gives us a little poem or verse for each of the the twenty two letters of the Hebrew alphabet. Have you ever made up an acrostic? You take each letter and use it to say something. Perhaps you know an acrostic for the colours of the rainbow or the points on a compass?

Twenty two poems would take a very, very, long time to read. Psalm 119 is the longest psalm and it's also the longest chapter in the whole bible! But just because we can't look at all the poems doesn't mean we can't look at just one. Lets choose the second one, the letter 'b' or 'Bet' in Hebrew. Listen carefully and every time the writer mentions scripture (messages from God) clap your hands in the air.

9 How can a young man keep his way pure? By keeping your word.

10 I have sought you with all my heart; don't let me wander from your commands.

11 I have treasured your word in my heart so that I may not sin against you.

12 Lord, may you be blessed; teach me your statutes.

13 With my lips I proclaim all the judgments from your mouth.

14 I rejoice in the way revealed by your decrees as much as in all riches.

15 I will meditate on your precepts and think about your ways.

16 I will delight in your statutes; I will not forget your word.

Wow - the writer must really love the word of God to mention it so much in his poem. Sometimes when we read the bible we just read the popular stories but there is so much more to discover. When we see the big picture of the whole bible it helps us to understand all the small bits too. When we read the psalms as we have done for the

last few weeks it helps us understand the way people have always worshipped God. When we read the Old Testament it helps us to understand Jesus. To understand why Jesus came and why he had to die at Easter time. We should treasure the bible just like the psalm writer did.

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