

Lesson 13: Psalm 119:97-104 – *Mem*

Benefits of Meditation and Obedience

<i>ESV</i>	<i>NKJV</i>	<i>NASB</i>	<i>NIV</i>	<i>NLT</i>
97 Oh how I love your law! It is my meditation all the day.	97 Oh, how I love Your law! It is my meditation all the day.	97 O how I love Your law! It is my meditation all the day.	97 Oh, how I love your law! I meditate on it all day long.	97 Oh, how I love your instructions! I think about them all day long.
97 Oh, how I love Your law! Therefore, I meditate on it all day long.				
<p>Commentary:</p> <p>Oh, how I love your law! Love for God’s Word (and for the Lord Himself) manifests itself in regular meditation on it. We spend a lot of time thinking about the people or things we truly love.</p> <p>It is good to ask ourselves from time to time, “What is my attitude toward God’s Word? Do I love the Word of God? How do I know? How am I demonstrating that I love God’s Word? What is the evidence in my life that I love God’s Word?” If we were “accused” of loving God’s Word, would there be enough evidence to convict us?</p> <p>Note the connection between love for God’s Word (here) with hatred for every wrong path (vs. 104). Love and hatred frame or bracket this section.</p> <p>It is my meditation all the day. He was preoccupied with the Word of God. We meditate a great deal upon that which we love. Our thought life reveals our love life. It is natural to think a great deal about that which you love, cherish and enjoy.</p> <p>The Word saturated his mind and thoughts. It guided and influenced the activities of his day. It was the most dominant influence in his life.</p> <p>This kind of commitment to meditate on God’s Word all day long seems to imply or assume that the writer was memorizing Scripture. How else could he have it so readily available to his mind so as to meditate upon it continually?</p> <p>Cause and effect relationship: love leads to meditation; meditation produces greater love.</p>				
<p>Application:</p> <p>“Lord, thank You for Your Word. Please help me to grow in my love for You and Your Word. I pray that more and more Your Word will be the single greatest guiding, controlling and dominating factor in my life.”</p>				
98 Your commandment makes me wiser than my enemies, for it is ever with me.	98 You, through Your commandments, make me wiser than my enemies; For they are ever with me.	98 Your commandments make me wiser than my enemies, For they are ever mine.	98 Your commands make me wiser than my enemies, for they are ever with me.	98 Your commands make me wiser than my enemies, for they are my constant guide.

98 Your commands make me wiser than my enemies, for they are with me all the time.				
Commentary: Your commands make me wiser than my enemies. Wisdom from above contrasted with earthly, worldly wisdom. For they are ever with me. (NIV) Through constant meditation, memorization and application. He kept God’s Word in the forefront of his mind and heart. What a privilege to be able to turn to the Word of God at any time to seek wisdom and counsel!				
Application: “Thank You, Lord, for the ready availability of Your Word. Thank You for the wisdom Your Word provides.”				
99 I have more understanding than all my teachers, for your testimonies are my meditation.	99 I have more understanding than all my teachers, For Your testimonies are my meditation.	99 I have more insight than all my teachers, For Your testimonies are my meditation.	99 I have more insight than all my teachers, for I meditate on your statutes.	99 Yes, I have more insight than my teachers, for I am always thinking of your laws.
99 I have more insight and understanding than all my teachers, because I constantly meditate on Your statutes.				
Commentary: Education is good; wisdom from God’s Word is infinitely better.				
Application: “Thank You for the insight and understanding that I find in Your Word.”				
100 I understand more than the aged, for I keep your precepts.	100 I understand more than the ancients, Because I keep Your precepts.	100 I understand more than the aged, Because I have observed Your precepts.	100 I have more understanding than the elders, for I obey your precepts.	100 I am even wiser than my elders, for I have kept your commandments.
100 I have more understanding and wisdom than the elderly, because I obey Your precepts.				
Commentary: Wisdom is a result of obedience, not just study and contemplation. Obedience to the light brings more light.				
Application:				
101 I hold back my feet from every evil way, in order to keep your word.	101 I have restrained my feet from every evil way, That I may keep Your word.	101 I have restrained my feet from every evil way, That I may keep Your word.	101 I have kept my feet from every evil path so that I might obey your word.	101 I have refused to walk on any evil path, so that I may remain obedient to your word.
101 I refuse to walk in every evil path so that I may obey Your word.				

Commentary:

I hold back my feet from every evil way. He didn't operate according to his feelings. He deliberately chose to walk in obedience to God's Word.

Proverbs 4:14-15

4 Do not enter the path of the wicked,
and do not walk in the way of the evil.

15 Avoid it; do not go on it;
turn away from it and pass on.

Cp. vs. 104. Self-control is a fruit of the Holy Spirit (Gal. 5:23).

Application:

"Lord, I pray that You will help me to 'hold back my feet from every evil way,' that more and more I will love You, Your Word and Your ways more than the ways of evil."

102 I do not turn aside from your rules, for you have taught me.	102 I have not departed from Your judgments, For You Yourself have taught me.	102 I have not turned aside from Your ordinances, For You Yourself have taught me.	102 I have not departed from your laws, for you yourself have taught me.	102 I haven't turned away from your regulations, for you have taught me well.
---	--	---	---	--

102 I do not depart from Your laws, because You Yourself have taught me.

Commentary:

For you yourself have taught me. (NIV) When we study God's Word, God Himself is our Teacher. The Author of the Word is the Teacher of the Word (the Holy Spirit). Because God is our Teacher, we can experience the benefits He describes in these verses (i.e., be wiser than my enemies, have more insight than my teachers, have more understanding than the elders).

Therefore I hate every wrong path. Love for God's Word (vs. 97) results in hatred of every wrong path (vs. 104). The two go together. We cannot love both God and the world (Mt. 6:24; 1 John 2:15).

Application:

Can I honestly say I hate every wrong path? I hate many of them, perhaps even most of them, but not all of them.

"Lord, help me to hate every wrong path."

103 How sweet are your words to my taste, sweeter than honey to my mouth!	103 How sweet are Your words to my taste, Sweeter than honey to my mouth!	103 How sweet are Your words to my taste! Yes, sweeter than honey to my mouth!	103 How sweet are your words to my taste, sweeter than honey to my mouth!	103 How sweet your words taste to me; they are sweeter than honey.
--	--	---	--	---

103 Your words taste very sweet to me, sweeter than honey in my mouth!

Commentary:

Ezekiel 3:1-3 – “And he said to me, ‘Son of man, eat whatever you find here. Eat this scroll, and go, speak to the house of Israel.’ So I opened my mouth, and he gave me this scroll to eat. And he said to me, ‘Son of man, feed your belly with this scroll that I give you and fill your stomach with it.’ Then I ate it, and it was in my mouth as sweet as honey.”

We “eat” God’s Word by reading it, contemplating it, actively applying it to our lives.

Application:

“Lord, may I always find Your Word to be ‘sweet,’ even when it convicts and hurts. Please help me to hunger for it more and more.”

104 Through your precepts I get understanding; therefore I hate every false way.	104 Through Your precepts I get understanding; Therefore I hate every false way.	104 From Your precepts I get understanding; Therefore I hate every false way.	104 I gain understanding from your precepts; therefore I hate every wrong path.	104 Your commandments give me understanding; no wonder I hate every false way of life.
---	---	--	--	---

104 I gain understanding from Your precepts; therefore, I hate every wrong path.

Commentary: A proper understanding of God’s Word results in hating the evil ways of the world.

Application:

Mem

97 Oh, how I love Your law! Therefore, I meditate on it all day long.

98 Your commands make me wiser than my enemies, for they are with me all the time.

99 I have more insight and understanding than all my teachers, because I constantly meditate on Your statutes.

100 I have more understanding and wisdom than the elderly, because I obey Your precepts.

101 I refuse to walk in every evil path so that I may obey Your word.

102 I do not depart from Your laws, because You Yourself have taught me.

103 Your words taste very sweet to me, sweeter than honey in my mouth!

104 I gain understanding from Your precepts; therefore, I hate every wrong path.