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Psalm 119

"The Blessings and Benefits of the Bible - Part 2"

Pastor Gary Hamrick

In Pastor Gary's series through Psalm 119, he draws out 22 blessings and benefits that are inherent in the Bible if we will read it and apply it to our lives. It's no accident that the longest chapter in the Bible is about the Bible! In this message, Pastor Gary will take us through the first four sections of this chapter, sharing four things, one thing from each section, that God promises to everyone who takes his Word to heart.

The Bible Produces A Blessed Life - Psalm 119:1-8

1. In this psalm, there are eight different terms for the Bible or the Scriptures in general, and seven are included in the first section, including: law, statutes, ways, precepts, decrees, commands, and righteous laws.
2. **Psalm 119:1-2** - *"Blessed are they whose ways are blameless, who walk according to the law of the LORD. Blessed are they who keep his statutes and seek him with all their heart."*
3. We need to remember that material blessing from the Lord can be one way that he shows his goodness to us, but it's not the only way.
4. The Hebrew word for "blessed," is esher, which means, "O how happy!"
5. Pastor Gary said: "In other words, the psalmist is saying that through simple obedience to God's Word, you will live a happier, more content, [and] more satisfied life."
6. God's Word steers us on the path that helps us avoid things that could bring shame and regret.

7. **Psalm 119:6** - “Then I would not be put to shame when I consider all your commands.”
8. Pastor Gary said: “When we live outside the commands of God we open ourselves to shame and regret in life. When we follow the commands of God we reduce the likelihood that we are going to have shameful things that we regret. I have been in ministry 30 years, and I can tell you that I’ve had a lot of people who’ve had a lot of shame and regret about decisions [they’ve made] and paths that they’ve taken in their life. And I’ve spoken to a lot of people near the end of their life, and [they] talk about all the things that they did that they are ashamed of, [and] all the things they wished they hadn’t done, [and] all the things they wished they had said, or things they hadn’t said. [It’s] tragic to listen to people talk about their lives with regret. But, never once in 30 years of ministry have I ever spoken to anybody who has done their best to live according to the Word of God and then have regrets that they lived according to Scripture.”
9. **Romans 10:11** – “As the Scripture says, ‘Anyone who trusts in him will never be put to shame.’”
10. The Bible is not only preemptive and preventive, when it comes to shame, the Scripture is also redemptive.

The Bible Produces A Clean Life – Psalm 119:9–16

11. **Psalm 119:9, 11** – “How can a young man keep his way pure? By living according to your word... I have hidden your word in my heart that I might not sin against you.”
12. The Scripture naturally motivates us to holy living and it helps us to avoid sinful behavior.
13. The promise of a clean life applies to everyone; however, the psalmist specifically refers to young men!
14. In a 2015 study, Dr. Philip Zimbardo, professor emeritus of psychology at Stanford University, found what he called a crisis of masculinity.¹
 - a. Dr. Zimbardo found that young men today are obsessed with video gaming and viewing pornography at alarming rates.

¹ <http://www.stanforddaily.com/2012/05/08/zimbardo/>

- b. "It begins to change brain function. It begins to change the reward center of the brain, and it produces a kind of excitement and addiction. What I'm saying is – boys' brains are becoming digitally rewired." – Dr. Zimbardo²
- 15. Young men face many challenges concerning temptations and sexual desires, and they need the truth of the Bible in their lives to help them gain the victory through the power of the Holy Spirit and the truth of Scripture.

The Bible Shields Us Against Slander And Gossip From Others – Psalm 119:17-24

- 16. **Psalm 119:23** – *"Though rulers sit together and slander me, your servant will meditate on your decrees."*
- 17. The Lord's promise to us is that when people slander us and speak against us, their injurious words won't have the same effect on us, because the Word of God has shielded us.
- 18. The blessing and benefit of the Bible in this regard is that it helps us understand our real identity and who we are in Christ!
- 19. If you are able to easily deflect what others say about you, then you have been changed by the Scriptures, because it would be a natural reaction to take offense or to allow the comments of others to gnaw at you.
- 20. **Joshua 1:8** – *"Do not let the Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."*

The Bible Strengthens The Weary – Psalm 119:25-32

- 21. **Psalm 119:25, 28** – *"I am laid low in the dust; preserve my life according to your word... My soul is weary with sorrow; strengthen me according to your word."*
- 22. The psalm writer seems to have lost all strength for daily living, and it could be that he had even lost all hope of living.
- 23. The remedy for the psalmist was turning to the Scriptures for help and hope.

* Unless noted, all Scriptures quoted are from the New International Version (NIV 1984).

² <https://www.facebook.com/elitedeaddictionservices/posts/863693273705340>