

a LoveGodGreatly.com Online Bible Study

Psalm 119

Seeking Him with *all* our hearts...



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elcome dear friends!

I am so glad you are here! Before we begin this new session, I want to take the time and let you know that YOU have been prayed for! It is not a coincidence you are in this online Bible study.

My prayer for you this session is simple: **that you will grow closer to our Lord as you dig into His Word each and every day!** As you develop the discipline of being in God's Word on a daily basis, I pray you will fall in love with Him even more as you spend time reading from the Bible.

Each day before you read the assigned Scripture(s), pray and ask God to help you understand it. Invite Him to speak to you through His Word. Then listen. **It's His job to speak to you and your job to listen and obey.**

Take time to read the verses over and over again. We are told in Proverbs to *search and you will find*.

"Search for it like silver, and hunt for it like hidden treasure. Then you will understand."

Also remember we provide many different types of resources for you as you participate in our online Bible study.

- Study Guide
- Reading Plan
- Three weekly Blog posts (Mondays, Wednesdays, & Fridays)
- Memory verses
- Weekly Monday videos
- Weekly challenges
- Online community: Facebook, Twitter, Instagram, our website
- Hashtags: #LoveGodGreatly #Psalm119

I can't wait to get started and I hope to see you at the finish line. Endure, persevere, press on – and don't give up! Let's finish well what we are beginning today. I will be here every step of the way, *cheering you on!* **We are in this together. Fight to rise early, to push back the stress of the day, to sit alone and drink a tall glass of God's living water!** I can't wait to see what God has in store for us this session!

Journey with me as we learn to **Love God Greatly** with our lives!!!



{How To} S.O.A.P.

I'm proud of you.

I really am... I want YOU to know that.

I'm proud of you for making the commitment to be in God's Word... to be reading it each day and applying it to YOUR life... the beautiful life our Lord has given YOU.

Each session I create a study guide that goes along with the verses we are reading. This study guide is to help you interact with God's Word and learn to dig deeper... slowing down to really read what God is saying to you that day.

Before we get started, I want to take the time and explain what the S.O.A.P. method is and WHY you should use it during your quiet time.

Why S.O.A.P. It?

It's one thing to simply read Scripture. But when you interact with it, when you learn to slow down to REALLY read it, suddenly words start popping off the page. By SOAPing your verses you are able to dig deeper into Scripture and see more than if you simply read the verses and then went on your merry way. Let me encourage you to take the time to S.O.A.P. the daily verses and see for yourself how much more you get out of your daily reading. You'll be amazed.

What does S.O.A.P. Mean?

S- The S stands for Scripture. Physically write out the verses. You'll be amazed at what God will reveal to you just by taking the time to slow down and write out what you are reading!

O- The O stands for Observation. What do you see in the verses that you're reading? Who is the intended audience? Is there a repetition of words? What words stand out to you?

A- The A stands for Application. This is when God's Word becomes personal. What is God saying to me today? How can I apply what I just read to my own personal life? What changes do I need to make? Is there action that I need to take?

P- And finally, P stands for Prayer. Pray God's Word back to Him. If He has revealed something to you during this time in His Word, pray about it. If He has revealed some sin that is in your life, confess. And remember, He loves you dearly!

How do I S.O.A.P.?

Here is my (Angela's) personal example...

Colossians 1:5-8

S- The faith and love that spring from the hope that is stored up for you in heaven and that you have already heard about in the word of truth, the gospel that has come to you. All over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth. You learned it from Epaphras, our dear fellow servant, who is a faithful minister of Christ on our behalf, and who also told us of your love in the Spirit.

O- (Many times I just bullet my observations... what I'm seeing at first glance when looking at the verses)

- When you combine faith and love, you get hope.
- We have to remember that our hope is in heaven... it is yet to come.
- The gospel is the Word of Truth.
- The gospel is continually bearing fruit and growing from the 1st day to the last.
- It just takes one person to change a whole community... Epaphras.

A- Something that stood out to me today was how God used one man, Epaphras, to change a whole town!!! I was reminded that we are simply called to tell others about Christ... It's God's job to spread the gospel, to grow it and have it bear fruit. I felt today's verses were almost directly spoken to LGG... *"all over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth."* Isn't it fun when God's Word becomes so alive and speaks directly where we are at?!!!! My prayer today is that all the women involved in this Bible study will understand God's grace and have a thirst for His Word.

A quote from my Bible commentary that I wrote in my study guide:

"God's Word is not just for our information, it is for our transformation."

P- Dear Lord, please help me to be a "Epaphras" ... To tell others about You and then leave the results in Your loving hands. Please help me to understand and apply what I have read today to my life personally, thereby becoming more and more like you each and every day. Help me to live a life that bears the fruit of faith and love... anchoring my hope in heaven, not here on earth. Help me to remember that the BEST is yet to come!

I hope this explanation helps you today as you learn to dig deeper into God's Word.

I'll be honest with you and say there are many days I write on the front and back side of my study guide, but you don't have to. Just take it one day at a time, and write as you respond to what God has shown you through His Word. Studying God's Word like this can take as little or as long as you have time to give. Some days it can take just 10 or 15 minutes, other days longer.

The most important ingredients in the S.O.A.P. method is YOUR interaction with God's Word and your APPLICATION of His Word to YOUR life.

Remember the point is to fully meditate and take in each and every word in the passage for the day.


Psalm 1:2-3 says:

Blessed is the man whose "delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers."

True meditation takes time to chew on the passage before moving on.

"Remember, it is not hasty reading- but serious meditating upon holy and heavenly truths, that make them prove sweet and profitable to the soul. It is not the bee's touching of the flower, which gathers honey- but her abiding for a time upon the flower, which draws out the sweet. It is not he who reads most- but he who meditates most, who will prove the choicest, sweetest, wisest and strongest Christian." – Thomas Brooks, Precious Remedies Against Satan's Devices

{S.O.A.P.} Reading Plan



| | Read | SOAP |
|--|-------------------|------------------------|
| Week 1 | | |
| Monday | Psalm 119:1-8 | Psalm 119:1-2 |
| Tuesday | Psalm 119:9-11 | Psalm 119:9-11 |
| Wednesday | Psalm 119:12-16 | Psalm 119:14-15 |
| Thursday | Psalm 119:17-24 | Psalm 119:18, 23-24 |
| Friday | Psalm 119:1-24 | Summarize |
| Week 2 | | |
| Monday | Psalm 119:25-32 | Psalm 119:27-28, 30 |
| Tuesday | Psalm 119:33-35 | Psalm 119:34-35 |
| Wednesday | Psalm 119:36-40 | Psalm 119:36-37 |
| Thursday | Psalm 119:41-48 | Psalm 119:41-42, 45 |
| Friday | Psalm 119:25-48 | Summarize |
| Week 3 | | |
| Monday | Psalm 119:49-56 | Psalm 119:49-51 |
| Tuesday | Psalm 119:57-60 | Psalm 119:59-60 |
| Wednesday | Psalm 119:61-64 | Psalm 119:62-64 |
| Thursday | Psalm 119:65-72 | Psalm 119:67-68, 71-72 |
| Friday | Psalm 119:49-72 | Summarize |
| Week 4 | | |
| Monday | Psalm 119:73-80 | Psalm 119:75-78 |
| Tuesday | Psalm 119:81-85 | Psalm 119:81, 83-84 |
| Wednesday | Psalm 119:86-88 | Psalm 119:86-88 |
| Thursday | Psalm 119:89-96 | Psalm 119:89-90, 92 |
| Friday | Psalm 119:73-96 | Summarize |
| Week 5 | | |
| Monday | Psalm 119:97-104 | Psalm 119:97-100 |
| Tuesday | Psalm 119:105-108 | Psalm 119:105-106 |
| Wednesday | Psalm 119:109-112 | Psalm 119:109, 111-112 |
| Thursday | Psalm 119:113-120 | Psalm 119:113-115 |
| Friday | Psalm 119:97-120 | Summarize |
| Week 6 | | |
| Monday | Psalm 119:121-128 | Psalm 119:125-128 |
| Tuesday | Psalm 119:129-132 | Psalm 119:130, 132 |
| Wednesday | Psalm 119:133-136 | Psalm 119:133-135 |
| Thursday | Psalm 119:137-144 | Psalm 119:141-143 |
| Friday | Psalm 119:121-144 | Summarize |
| Week 7 | | |
| Monday | Psalm 119:145-148 | Psalm 119:147-148 |
| Tuesday | Psalm 119:149-152 | Psalm 119:150-152 |
| Wednesday | Psalm 119:153-156 | Psalm 119:155-156 |
| Thursday | Psalm 119:157-160 | Psalm 119:158, 160 |
| Friday | Psalm 119:145-160 | Summarize |
| Week 8 | | |
| Monday | Psalm 119:161-164 | Psalm 119:163-164 |
| Tuesday | Psalm 119:165-168 | Psalm 119:165 |
| Wednesday | Psalm 119:169-173 | Psalm 119:171-173 |
| Thursday | Psalm 119:174-176 | Psalm 119:175-176 |
| Friday | Psalm 119:161-176 | Summarize |
| www.LoveGodGreatly.com | | |

Goals

I believe it's important to write out goals for each session. Take some time now and write three goals you would like to focus on this session as we begin to rise before our families and dig into God's Word. Make sure and refer back to these goals throughout the next eight weeks to help you stay focused. **YOU CAN DO IT!!!**

My goals for this session are:

1.

2.

3.


Signature:_____

Date:_____

{Week 1}

Week 1 Challenge: (Note: You can find it listed in our Monday blog post)

Week 1 Memory Verse:



I have stored up your word
in my heart.
that I might not sin against you.

-Psalm 119:11-

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Week 1: Monday

Read: Psalm 119:1-8

SOAP: Psalm 119:1-2

S- Write out the **Scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 1: Tuesday

Read: Psalm 119:9-11

SOAP: Psalm 119:9-11

S- Write out the **Scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 1: Wednesday

Read: Psalm 119:12-16

SOAP: Psalm 119:14-15

S- Write out the **Scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 1: Thursday

Read: Psalm 119:17-24

SOAP: Psalm 119:18, 23-24

S- Write out the **Scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 1: Friday

Read: Psalm 119:1-24

My Response

{Week 2}

Week 2 Challenge:

Week 2 Memory Verse:



Week 2: Monday

Read: Psalm 119:25-32

SOAP: Psalm 119:27-28, 30

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 2: Tuesday

Read: Psalm 119:33-35

SOAP: Psalm 119:34-35

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 2: Wednesday

Read: Psalm 119:36-40

SOAP: Psalm 119:36-37

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 2: Thursday

Read: Psalm 119:41-48

SOAP: Psalm 119:41-42, 45

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 2: Friday

Read: Psalm 119:25-48

My Response

{Week 3}

Week 3 Challenge:

Week 3 Memory Verse:



Week 3: Monday

Read: Psalm 119:49-56

SOAP: Psalm 119:49-51

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 3: Tuesday

Read: Psalm 119:57-60

SOAP: Psalm 119:59-60

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 3: Wednesday

Read: Psalm 119:61-64

SOAP: Psalm 119:62-64

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 3: Thursday

Read: Psalm 119:65-72

SOAP: Psalm 119:67-68, 71-72

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 3: Friday

Read: Psalm 119:49-72

My Response

{Week 4}

Week 4 Challenge:

Week 4 Memory Verse:



Week 4: Monday

Read: Psalm 119:73-80

SOAP: Psalm 119:75-78

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 4: Tuesday

Read: Psalm 119:81-85

SOAP: Psalm 119:81, 83-84

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 4: Wednesday

Read: Psalm 119:86-88

SOAP: Psalm 119:86-88

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 4: Thursday

Read: Psalm 119:89-96

SOAP: Psalm 119:89-90, 92

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- Pray over what you learned from today's passage.

Week 4: Friday

Read: Psalm 119:73-96

My Response

{Week 5}

Week 5 Challenge:

Week 5 Memory Verse:



Week 5: Monday

Read: Psalm 119:97-104

SOAP: Psalm 119:97-100

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 5: Tuesday

Read: Psalm 119:105-108

SOAP: Psalm 119:105-106

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 5: Wednesday

Read: Psalm 119:109-112

SOAP: Psalm 119:109, 111-112

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 5: Thursday

Read: Psalm 119:113-120

SOAP: Psalm 119:113-115

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 5: Friday

Read: Psalm 119:97-120

My Response

{Week 6}

Week 6 Challenge:

Week 6 Memory Verse:



Week 6: Monday

Read: Psalm 119:121-128

SOAP: Psalm 119:125-128

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 6: Tuesday

Read: Psalm 119:129-132

SOAP: Psalm 119:130, 132

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 6: Wednesday

Read: Psalm 119:133-136

SOAP: Psalm 119:133-135

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 6: Thursday

Read: Psalm 119:137-144

SOAP: Psalm 119:141-143

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 6: Friday

Read: Psalm 119:121-144

My Response

{Week 7}

Week 7 Challenge:

Week 7 Memory Verse:



Week 7: Monday

Read: Psalm 119:145-148

SOAP: Psalm 119:147-148

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- Pray over what you learned from today's passage.

Week 7: Tuesday

Read: Psalm 119:149-152

SOAP: Psalm 119:150-152

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- Pray over what you learned from today's passage.

Week 7: Wednesday

Read: Psalm 119:153-156

SOAP: Psalm 119:155-156

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 7: Thursday

Read: Psalm 119:157-160

SOAP: Psalm 119:158, 160

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- Pray over what you learned from today's passage.

Week 7: Friday

Read: Psalm 119:145-160

My Response

{Week 8}

Week 8 Challenge:

Week 8 Memory Verse:



Week 8: Monday

Read: Psalm 119:161-164

SOAP: Psalm 119:163-164

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 8: Tuesday

Read: Psalm 119:165-168

SOAP: Psalm 119:165

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 8: Wednesday

Read: Psalm 119:169-173

SOAP: Psalm 119:171-173

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.

Week 8: Thursday

Read: Psalm 119:174-176

SOAP: Psalm 119:175-176

S- Write out the **Scripture** passages for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- Pray over what you learned from today's passage.

Week 8: Friday

Read: Psalm 119:161-176

My Response