



Clear

A Study Guide  
to Psalms 119

מזמור

119

# Introduction

## A Message for Group Leaders

Thank you for choosing the Psalms 119 Study Guide by Clear. We pray that you will find this an invigorating series of discussions focusing on the longest chapter in the Bible. This series is designed to take 23 sessions (1 introduction session, followed by 22 sessions covering each of the 22 sections of Psalms 119).

This study guide is designed so that each session page can be copied and handed out to participants at each session. Participants will want to have a writing utensil, in order to fill out questions on their handout. If you are presenting to a very large group, we would suggest dividing up into smaller groups to help stimulate good discussions.

Please plan on an hour and 15 minutes to present “Session 1”. The music styles and short duration of each song should help facilitate attention keeping. The remaining sessions can be managed into a 30 – 45min. discussion period. Here is the link to listen to the album for free on YouTube:

[https://www.youtube.com/playlist?list=PLv75SfXNHol8VjSRqHd3Yw\\_He5EEt4a7u](https://www.youtube.com/playlist?list=PLv75SfXNHol8VjSRqHd3Yw_He5EEt4a7u)

Once again, thank you for selecting this study guide from the many available and please stay in touch by subscribing to our YouTube channel, it is truly appreciated.

*May the Father bless you and keep you.*

# WELCOME TO PSALMS 119

## Session 1

Why is music an important form of communication?

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When do you think music began? \_\_\_\_\_

What does Genesis 4:21 reveal to us about music? \_\_\_\_\_

What do you think music sounded like during the time of King David?

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Have you read through all of the Psalms on your own? \_\_\_\_\_

Why or why not? \_\_\_\_\_

*(Discuss your answers with the group before proceeding.)*

Now it is time to listen to the entire album “119” by Clear, following along in a Bible. Call to attention each section first (8 verses at a time) and then listen to the corresponding song. There will be songs that may not suit your taste, try to ignore your personal musical preferences and focus on the delivery of the message. As you read along try to put yourself in the shoes (or sandals) of the Psalmist.

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Now that you have read and listened to the entire chapter of Psalms 119, it is time to dive a little deeper. (Keep in mind that the original was entirely in Hebrew.) The Psalmist does not discuss things that we hear very often in everyday life, nor do we hear them often enough from our spiritual leaders. Some of these concepts may in fact be clashing with your current thoughts regarding theology or spiritual doctrine.

That is the main purpose of this study, to get you talking about why you believe what you believe. Allow the Psalmist and the content of this Psalm to challenge your doctrinal stances and ultimately build your faith.



The letter Aleph in its ancient pictographical form was drawn as the head of an ox and represented “power”.



## Session 2

Please begin by reading Psalms 119: 1-8 and listening to “119 Aleph”.

If this is your first time listening to the Hebrew language, try repeating the first letter of the Aleph-Bet a few times, “AL-EPH”.

What is the first thing that grabs your attention about this section of Psalms 119?

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What does our society teach us about “happiness” and where to find it?

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How does that compare with this section of Psalms 119 or Job 5:17 or Proverbs 29:18?

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Why do you think the Psalmist would be concerned about the Most High utterly forsaking them if they did not observe His statutes?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Bet in its ancient pictographical form was drawn as a house with an open door and represented “hospitality”.



## Session 3

Please begin by reading Psalms 119: 9-16 and listening to “119 Bet”.

If this is your first time listening to the Hebrew language, try repeating the first two letters of the Aleph-Bet a few times, “AL-EPH”, “BET”.

What is the first thing that grabs your attention about this section of Psalms 119?

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What does our society teach us about “purity” and its importance?

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How does that compare with this section of Psalms 119 or Psalms 24:3-5?

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Why do you think the Psalmist would be so concerned about knowing how to be pure?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Gimel in its ancient pictographical form was drawn as a picture of a foot and represented “movement”.



## Session 4

Please begin by reading Psalms 119: 17-24 and listening to “119 Gimel”.

If this is your first time listening to the Hebrew language, try repeating the first three letters of the Aleph-Bet a few times, “AL-EPH”, “BET”, “GI-MEL”.

What is the first thing that grabs your attention about this section of Psalms 119?

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The Hebrew word “torah” means teaching. In many English Bibles it is mistranslated as law. How does that impact the way you think about reading “law” in your Bible?

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Since our Heavenly Father loves us, what would you want Him to teach you?

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What do you think the Psalmist is asking to be taught?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Dalet in its ancient pictographical form was drawn to represent a door and meant “a path or direction”.



## Session 5

Please begin by reading Psalms 119: 25-32 and listening to “119 Dalet”.

If this is your first time listening to the Hebrew language, try repeating the first four letters of the Aleph-Bet a few times, “AL-EPH”, “BET”, “GI-MEL”, “DA-LET”.

What is the first thing that grabs your attention about this section of Psalms 119?

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What is the Psalmist crying out for in this section?

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How would you compare the prayer of the Psalmist to most prayers we hear today?

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Have you ever really cried out to the Most High; if so, for what?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Hey in its ancient pictographical form was drawn as a man with his arms raised and meant “to reveal”.



## Session 6

Please begin by reading Psalms 119: 33–40 and listening to “119 Hey”.

If this is your first time listening to the Hebrew language, try repeating the first five letters of the Aleph–Bet a few times, “AL–EPH”, “BET”, “GI–MEL”, “DA–LET”, “HEY”.

What is the first thing that grabs your attention about this section of Psalms 119?

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What is the main struggle for the Psalmist in this section?

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How does the Psalmist connect his prayer with Deuteronomy 30:8–20?

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How do you interpret the choice between life and death?

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How do you love the Father? \_\_\_\_\_

In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Vav in its ancient pictographical form was drawn as a nail or tent peg and meant “to hold together”.

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## Session 7

Please begin by reading Psalms 119: 41-48 and listening to “119 Vav”.

Now you have heard enough Hebrew, to repeat the first six letters of the Aleph-Bet a few times, “AL-EPH”, “BET”, “GI-MEL”, “DA-LET”, “HEY”, “VAV”.

What is the first thing that grabs your attention about this section of Psalms 119?

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What “salvation” is the Psalmist referring to in this section?

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How does the Psalmist plan to overcome all his adversaries?

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Explain some reasons why you think the Psalmist talks about loving and raising his hands to the word of the Father?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Zayin in its ancient pictographical form was drawn as a plow or weapon and meant “to cut”.



## Session 8

Please begin by reading Psalms 119: 49–56 and listening to “119 Zayin”.

Now you have heard enough Hebrew, to repeat the first seven letters of the Aleph–Bet a few times, “AL–EPH”, “BET”, “GI–MEL”, “DA–LET”, “HEY”, “VAV”, “ZA–YIN”.

What is the first thing that grabs your attention about this section of Psalms 119?

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Briefly list the different emotions you sense from the Psalmist in this section?

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The Psalmist is being mocked. How does society teach us to overcome peer pressure?

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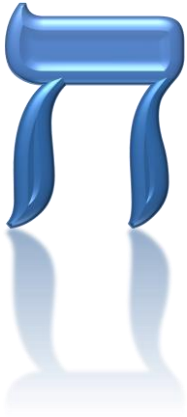
Name all the different things the Psalmist focuses on, instead of the mocking.

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Chet (“ch” makes the guttural sound) in its ancient pictographical form represented a fence and meant “divide”.



## Session 9

Please begin by reading Psalms 119: 57-64 and listening to “119 Chet”.

Now you have heard enough Hebrew, to repeat the first eight letters of the Aleph-Bet a few times, “AL-EPH”, “BET”, “GI-MEL”, “DA-LET”, “HEY”, “VAV”, “ZA-YIN”, “cHET”.

What is the first thing that grabs your attention about this section of Psalms 119?

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How should we examine our ways?

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Against what standard should we be judging ourselves?

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Why aren't we as honest with ourselves as we should be?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Tet in its ancient pictographical form was drawn to represent a basket, but later represented a snake.



## Session 10

Please begin by reading Psalms 119: 65–72 and listening to “119 Tet”.

Now you have heard enough Hebrew, to repeat the first nine letters of the Aleph–Bet a few times, “AL–EPH”, “BET”, “GI–MEL”, “DA–LET”, “HEY”, “VAV”, “ZA–YIN”, “cHET”, “TET”.

What is the first thing that grabs your attention about this section of Psalms 119?

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Why would the Psalmist seem grateful for being afflicted?

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Can you think of an example in your own life where the Father allowed a time of testing and you learned a valuable lesson from it?

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Can you think of which one of His commandments you actually had written on your heart from the experience?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Yod is the smallest letter and its ancient pictographical form represented an arm and hand.



## Session 11

Please begin by reading Psalms 119: 73–80 and listening to “119 Yod”.

Now you are learning Hebrew, time to repeat the first ten letters of the Aleph–Bet, “AL–EPH”, “BET”, “GI–MEL”, “DA–LET”, “HEY”, “VAV”, “ZA–YIN”, “cHET”, “TET”, “YOD”.

What is the first thing that grabs your attention about this section of Psalms 119?

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List all of the expectations of the Psalmist from this section?

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How does society teach us that we are to seek justice?

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Do you think we can expect justice from the Most High; why or why not?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Caph in its ancient pictographical form represented the palm of a hand and meant “to allow”.



## Session 12

Please begin by reading Psalms 119: 81-88 and listening to “119 Caph”.

You are half way through the Hebrew Aleph-Bet, with eleven letters, “AL-EPH”, “BET”, “GI-MEL”, “DA-LET”, “HEY”, “VAV”, “ZA-YIN”, “CHET”, “TET”, “YOD”, “CAPH”.

What is the first thing that grabs your attention about this section of Psalms 119?

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Describe the last time you felt under the same pressure as the Psalmist?

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What things do people normally run to when they feel depressed or anxious?

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Suggest some of the Father’s words that you can meditate on, to get out of a slump.

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The letter Lamed is the largest letter and its ancient pictographical form was drawn as a shepherd's staff.



## Session 13

Please begin by reading Psalms 119: 89-96 and listening to “119 Lamed”.

Over half way through the Hebrew Aleph-Bet, with twelve letters, “AL-EPH”, “BET”, “GI-MEL”, “DA-LET”, “HEY”, “VAV”, “ZA-YIN”, “CHET”, “TET”, “YOD”, “CAPH”, “LA-MED”.

What is the first thing that grabs your attention about this section of Psalms 119?

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The Psalmist exclaims that the earth itself is an everlasting symbol of the Father's faithfulness. He also calls the earth a faithful witness or testimony. What are some other faithful witnesses of the Father's existence and goodness?

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What reminds you the most about the everlasting nature of the Most High?

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How can we remind ourselves of this when our own problems become overwhelming?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Mem in its ancient pictographical form was drawn to represent water and also represented blood.



## Session 14

Please begin by reading Psalms 119: 97-104 and listening to “119 Mem”.

Thirteen letters of the Hebrew Aleph-Bet, “AL-EPH”, “BET”, “GI-MEL”, “DA-LET”, “HEY”, “VAV”, “ZA-YIN”, “CHET”, “TET”, “YOD”, “CAPH”, “LA-MED”, “MEM”.

What is the first thing that grabs your attention about this section of Psalms 119?

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How does the Psalmist connect his knowledge and actions?

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What sets the Psalmist apart from his enemies and elders?

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How would you describe the typical attitude, now, toward the Father’s commands?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Nun in its ancient pictographical form was drawn to represent a seed and meant “to live”.



## Session 15

Please begin by reading Psalms 119: 105–112 and listening to “119 Nun”.

Fourteen letters of the Hebrew Aleph–Bet, “AL–EPH”, “BET”, “GI–MEL”, “DA–LET”, “HEY”, “VAV”, “ZA–YIN”, “cHET”, “TET”, “YOD”, “CAPH”, “LA–MED”, “MEM”, “NUN”.

What is the first thing that grabs your attention about this section of Psalms 119?

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Why does the Psalmist spend so much time speaking of remembrance and obedience?

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What does society teach us about being obedient?

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What does it mean to you, for the Father’s word to be a light?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Samech in its ancient pictographical form represented a thorn bush and meant “to protect”.



## Session 16

Please begin by reading Psalms 119: 113–120 and listening to “119 Samech”.

Fifteen letters of the Hebrew Aleph–Bet, “AL–EPH”, “BET”, “GI–MEL”, “DA–LET”, “HEY”, “VAV”, “ZA–YIN”, “cHET”, “TET”, “YOD”, “CAPH”, “LA–MED”, “MEM”, “NUN”, “SA–MECH”.

What is the first thing that grabs your attention about this section of Psalms 119?

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The Psalmist apparently finds it hard to obey the commands when in the wrong company. Why is it especially difficult to obey in a mixed group?

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Why do we often fail to be the “good example” we should be to society?

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If we actually serve those we fear, do our actions show we fear Him, or man?

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How can we reach out and love those around us and still hate the sin they practice?

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The letter Ayin in its ancient pictographical form was drawn as an eye and represented knowledge.



## Session 17

Please begin by reading Psalms 119: 121-128 and listening to “119 Ayin”.

Sixteen Hebrew letters, “AL-EPH”, “BET”, “GI-MEL”, “DA-LET”, “HEY”, “VAV”, “ZA-YIN”, “CHET”, “TET”, “YOD”, “CAPH”, “LA-MED”, “MEM”, “NUN”, “SA-MECH”, “A-YIN”.

What is the first thing that grabs your attention about this section of Psalms 119?

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A common theme throughout Psalms 119 is that of love and hate.

List some things the Psalmist loves:

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List some things the Psalmist hates:

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How do these things line up with your beliefs; what do you love and hate?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Pe in its ancient pictographical form was drawn as a mouth. The word for mouth in Hebrew is pronounced “PAY”.



## Session 18

Please begin by reading Psalms 119: 129–136 and listening to “119 Pe”.

Seventeen letters! “AL–EPH”, “BET”, “GI–MEL”, “DA–LET”, “HEY”, “VAV”, “ZA–YIN”, “cHET”, “TET”, “YOD”, “CAPH”, “LA–MED”, “MEM”, “NUN”, “SA–MEcH”, “A–YIN”, “PE”.

What is the first thing that grabs your attention about this section of Psalms 119?

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Do you believe it is possible to never consciously or willfully sin? Why, or why not?

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What does society teach us about sin or being lawless?

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This section of Psalms 119 is closely tied to Numbers 6:24–27. It contains a very special promise from the Most High. What are your initial thoughts about this blessing?

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What do you find special about the Father’s promise?

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The letter Tzade in its ancient pictographical form represented a stronghold built on the side of a mountain.



## Session 19

Please begin by reading Psalms 119: 137-144 and listening to “119 Tzade”.

Eighteen letters, “AL-EPH”, “BET”, “GI-MEL”, “DA-LET”, “HEY”, “VAV”, “ZA-YIN”, “cHET”, “TET”, “YOD”, “CAPH”, “LA-MED”, “MEM”, “NUN”, “SA-MEch”, “A-YIN”, “PE”, “TZA-DE”.

What is the first thing that grabs your attention about this section of Psalms 119?

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How would you define “righteousness”?

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What does society teach us about being righteous?

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Why do you think, the Psalmist connects the Father’s word to righteousness and life?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Kaph in its ancient pictographical form was drawn to represent the sun on the horizon and referred to “time”.



## Session 20

Please begin by reading Psalms 119: 145-152 and listening to “119 Kaph”.

Nineteen! “AL-EPH” “BET” “GI-MEL” “DA-LET” “HEY” “VAV” “ZA-YIN” “cHET” “TET” “YOD” “CAPH” “LA-MED” “MEM” “NUN” “SA-MEcH” “A-YIN” “PE” “TZA-DE” “KUPH”.

What is the first thing that grabs your attention about this section of Psalms 119?

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Why do you think the Psalmist finds hope in the Father’s word?

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What does society teach us to put our trust or hope in?

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What areas of the Father’s word do you find the most difficult to trust?

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In what ways could this section of Psalms 119 be practically applied in your life?

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The letter Resh in its ancient pictographical form was the picture of a man's head and meant "to be in charge".



## Session 21

Please begin by reading Psalms 119: 153-160 and listening to "119 Resh".

Now you know the first twenty letters of the Hebrew Aleph-Bet, "AL-EPH", "BET", "GI-MEL", "DA-LET", "HEY", "VAV", "ZA-YIN", "CHET", "TET", "YOD", "CAPH", "LA-MED", "MEM", "NUN", "SA-MECH", "A-YIN", "PE", "TZA-DE", "KUPH", "RESH".

What is the first thing that grabs your attention about this section of Psalms 119?

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What does the Psalmist mention is causing his great discomfort?

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What does the Psalmist include in his plea, that he feels makes him worth rescuing?

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Do you believe the Most High looks more favorably upon a person like this? Why?

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The letter Shin in its ancient pictographical form represented teeth, and meant “to eat or devour”.



## Session 22

Please begin by reading Psalms 119: 161-168 and listening to “119 Shin”.

Almost done! Twenty-One letters of the Hebrew Aleph-Bet, “AL-EPH”, “BET”, “GIMEL”, “DA-LET”, “HEY”, “VAV”, “ZA-YIN”, “CHET”, “TET”, “YOD”, “CAPH”, “LA-MED”, “MEM”, “NUN”, “SA-MECH”, “A-YIN”, “PE”, “TZA-DE”, “KUPH”, “RESH”, “SHIN”.

What is the first thing that grabs your attention about this section of Psalms 119?

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Remember that “torah” means teaching. What are the promises given by the Psalmist for those who love the Father’s teachings?

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Do you believe the Psalmist? Why, or why not?

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The Psalmist seems to place Torah as the complete opposite of lies. List some of things taught by society that oppose Torah. Then after each one, mark it as a lie or truth?

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The letter Tav in its ancient pictographical form represented an “X”, mark or sign, and represented “a covenant”.



## Session 23

Please begin by reading Psalms 119: 169–176 and listening to “119 Tav”.

Now you know ALL twenty-two letters of the Hebrew Aleph–Bet, “AL–EPH”, “BET”, “GI–MEL”, “DA–LET”, “HEY”, “VAV”, “ZA–YIN”, “cHET”, “TET”, “YOD”, “CAPH”, “LA–MED”, “MEM”, “NUN”, “SA–MECH”, “A–YIN”, “PE”, “TZA–DE”, “KUPH”, “RESH”, “SHIN”, “TAV”.

What is the first thing that grabs your attention about this section of Psalms 119?

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As we finish up Psalms 119 the main themes of salvation, righteousness, loving Torah and requests for understanding are repeated once again. What has been the most significant theme for you during this study? Why?

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How has this study changed your view point of the Father’s laws, teachings or Torah?

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How will you read the Father’s word differently after going through this study?

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