

Weekly Spiritual Life Checklist: NEW YEAR

1. MY weekly WALK with God (Micah 6:8)
 - Personal Bible *Reading* – Psalm 119:1-48
 - Personal *Meditations* on God's Word – (*back*)
 - Verse(s) *Memorization* – Website & Psalm 119
 - Spontaneous *Prayer*–Throughout the day: anytime, everywhere; Eph. 6:18
 - Special Times of *Prayer*–Extended, Luke 5:16
2. MY weekly WORK for the Lord (1 Cor. 15:58)
 - Pray for _____'s salvation
 - Pray for Missionary: _____
 - Tell at least one person about new website
 - ??Another initiative for building the church:
3. MY weekly obedience to "Love one another"
(John 13:34-35!)
 - For another believer, do a kind/encourage act
 - Pray for someone at VVBC in need of prayer
4. MY weekly blessing for being "zealous for GOOD WORKS"! (Titus 2:14; Acts 20:35)
 - This week's "sphere of influence" good deed
 - Pray for the Spirit to direct you to another

One's **spiritual growth** does *not* come primarily from life inside the church, but rather, afterward from one's life outside the church.

A life *intentionally* lived becomes a life *habitually* lived.

PSALM 119 Study Questions #1

It may be helpful to use colored pencils to highlight and/or underline particular words, phrases or verses during your study.

On the back of each week's handout, keep a journal of spiritual truth learned, answers to the study questions below and questions to ask.

Use these questions and others to help you study this *extraordinary* Psalm. It is a gem that few spend the time to explore. There will be a set time to share some of your spiritual discoveries with others (Sunday, Feb. 25).

1. What does this Psalm teach us about Scripture (i.e., God's Word)? [ex. see vv. 72,152,103]
2. What character qualities of the LORD (i.e., His perfections) are praised by the Psalmist?

How often does he mention these three: God's righteousness, steadfast love, faithfulness?
3. What kinds of oppression and opposition confront the Psalmist?
4. For what does the Psalmist request from God?
And how often does he make this one request: "teach me"?
5. What commitments/vows/promises does he make to the LORD? [ex. see vv. 44,57, etc.]
6. What are major recurring themes, words, and phrases? [ex. see: meditate, delight, etc.]