

## Following God

Psalm 119:161-168

All scripture is taken from the NIV translation  
unless otherwise indicated.

The psalmist gives us a clear look at how hard he followed after God. When I'm following hard after someone or something, I'm giving it my best effort. Signs are clear that I'm devoted. Life sorely tests our faith and commitment to God, and sometimes we get worn out. Thankfully, He understands when it feels too hard to follow Him. Even though the psalmist was faithful in his pursuit, he knew that he could not do it without God's provision.

God must provide the power to follow him. We can have willing hearts and yet lack strength to follow God. God, the Father, knew this, so he provided the Holy Spirit who enables us to apply God's Word as we pursue Him.

In this passage, the psalmist freely declares his devotion to God and his Word. His loyalty is clear. Although our loyalty might not be as strong at this time of our lives, God still loves and invites us to draw near. Instead of beating ourselves up because we may not feel as devoted, we can learn and grow in God's grace and persistence toward us. Read Psalm 119:161-168.

### Hearing the Word

1. What are the psalmist's troubles and what is his immediate response to them in verse 161?
2. How does the psalmist describe God's Word throughout the psalm?
3. What other responses throughout the psalm does the psalmist display as a result of persecution?
4. What's the significance of the psalmist praising God seven times a day in verse 164?
5. How can this practice motivate you in praising God?
6. Why did the psalmist need to wait for the Lord's salvation in verse 166?
7. What motivated his commitment to God's Word in verses 162 and 165?

### Responding to the Word

- When was the last time you experienced persecution on the job?

- In what ways did you allow God to care for you during your troubles?
- How can pursuing God's Word help you when facing difficulties, especially at work?
- The psalmist knew what to do when he faced persecutions. He pursued God in the way that he knew how. God accepts us right where we are. He knows that we don't always understand what to do when things are hard, but He knows that we need Him. He waits for us to invite Him into our situations. Thank God for His pursuit and care for you.
- The psalmist spoke of praising God seven times a day. Mark out a consistent time during your work hours to pause and praise God. Pay attention to how God meets you in that time.