

Growing Through Affliction

Psalm 119:65-72

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

Although “growing through affliction” sounds spiritual, it is typically unwelcomed. No one wants to experience distress. Nevertheless, we all encounter it. According to the Brown-Driver-Briggs Hebrew-English Lexicon, affliction means to be depressed, downcast, oppressed, humbled, or bowed down. Wow! Afflictions are difficult, and we need God’s grace and power to overcome them. We can learn a lot about life as we identify with the psalmist’s struggles and pain.

Study Psalm 119:65-72 and put yourself in the psalmist’s shoes.

Hearing the Word

1. What affliction is the psalmist experiencing in verse 69?
2. How does he describe his troublemakers in verses 69-70?
3. What is his three-fold prayer in verses 65-66?
4. How does the psalmist explain his perspective on affliction in verses 67 and 71?
5. When you experience affliction, how do you pray?
6. What’s the difference between obeying God’s Word versus delighting in His Word in verses 66-67 and 69-72?

7. How does the psalmist keep from believing lies that the arrogant have said about him in verses 66, 68?

Responding to the Word

- How can verse 72 help counteract lies that have been voiced about you in your nursing experience?
- When you're facing affliction as a nurse, what is your view of God?
- How do you feel God sees you when you're facing affliction as a nurse?
- The psalmist concluded that it was good for him to be afflicted for his personal growth. As hard as it was, he saw the value of difficulty. He got to know God and himself on a whole new level. Pray for God to reveal His goodness to you during your times of affliction.
- The enemy, Satan, aims to keep us stuck in our old ways of thinking. He discounts new life in Christ. Consider writing out affirmations of your new life in Christ as His nurse! For example, "I am called to be God's nurse, and He will empower me to do so." Or, "I am loved by God and have the capacity to give His love to those I serve."

