

Preserve Me

Psalm 119:153-160

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

“Preserve me!” Who prays that today? What you would probably hear is, “God, keep me!” This may be a “keep me in ...” or “keep me from...”. In any given moment, we could each fill in, “God keep me...!” If anything is worth having, it is worth saving!

Once again, the psalmist pours out his heart. He doesn’t mind calling on God in the midst of his troubles. God regarded the psalmist as a person of worth and value and He sees you the same way. Put yourself in the psalmist’s shoes and learn from him as you study this passage. Take note of his honesty and vulnerability before God. Read Psalm 119:153-160.

Hearing the Word

1. How does the psalmist describe his relationship with God’s Word in verses 153, 157, and 159?
2. What does the psalmist ask God for in verse 153?
3. Along with preserving his life, what else does the psalmist ask God to do for him (verse 154)?
4. How are those who are troubling him described in verses 155 and 157-158?
5. How would you describe troubles you may be facing today?
6. What was the psalmist’s perspective of God in verse 156?
7. What is the psalmist suffering in verse 157?

Responding to the Word

- What can you learn from the psalmist in this passage when suffering as a nurse?
- How do you see God’s compassion in your life today. personally and professionally?
- In what ways do you need God to preserve your life?
- The psalmist had learned to be gut honest with God. Sometimes it may take us a while to establish such candor before our Creator. Nevertheless, God invites honesty, for in it, He provides just what we need. Express your thanksgiving to God that you can be honest with Him in every situation.

- The psalmist says the Lord's compassion is great. Look up the word compassion for a greater understanding of God's care towards us. How can you display compassion toward yourself and others?