

Sustain and Uphold Me!

Psalm 119:113-120

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

God is with us moment by moment. Without this reality, we would all despair. Life can be “that “challenging. We may be “that” one who undergoes a certain predicament, leaving us asking, ‘Why me?’ None of us is exempt from hardships, whether we understand them or not. Thankfully, we are never alone--God Himself sustains us!

In Psalm 119, both the psalmist and God were very displeased with the wicked. Although the psalmist declared his faithfulness to God, he needed God to give him the faith to stand strong. As you study this passage, pay attention to God as sustainer and the psalmist as recipient of God’s sustenance. Read Psalm 119:113-120.

Hearing the Word

1. Who are the characters in this passage?
2. What is the psalmist’s perspective of the wicked in verses 113 and 115?
3. How does God respond to the wicked? (vv. 118-119)
4. How was God sustaining the psalmist in verse 115?
5. In what ways is God sustaining you today?
6. How does the psalmist respond to God? (vv. 113-114, 119-120)
7. Repeat aloud the prayer in verses 116-117.

Responding to the Word

- How do you respond to what appear to be evil situations at work?
- How does your life in Christ enable you, as a nurse, to face life’s challenges victoriously?
- What’s the prayer focus of your work these days?
- This passage clearly reminds us that God is the keeper and guardian of our lives. Left to ourselves, we would self-destruct. True worship reveals a heart of thanksgiving for God’s care and keeping power. Thank God for the ways He has cared for and kept you as a nurse.

- Think back to a time when you obviously needed God's sustenance and support. How did God use His care for you to be an encouragement to someone else?