

## Inward to Up-Word

### Psalm 119:25-32

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

When life is tough, it is easy to go inward and stay there. We can get fixated easily on what is going wrong, losing sight of the good. God's Word has a way of clearing our vision if we will let it. Sometimes we may need others to point out truth to us. We may not have the capacity to seek truth on our own.

### Hearing the Word

1. How is God's Word described in this passage?
2. What was the psalmist's emotional state? (vv. 25, 28)
3. What does the psalmist want from God? (vv. 25-29, 31)
4. How did he pursue God? (vv. 30-32)
5. Who or what helps you keep looking up-word?
6. What is the significance in verse 31 of "holding fast" to the Lord's statutes?
7. How did God answer the psalmist's prayer in verse 32?

### Responding to the Word

- Just like the psalmist, what does it mean for you as a nurse to be "soul weary"? (v. 28)
- Who or what is causing your weariness of soul?

- What needs to change in your life to experience God's peace as you seek to care well for others?
- We have an enemy who knows the value of God's Word to lift and sustain us. The enemy will do all he can to keep us away from the Word. Keeping us busy and making us feel worn out are some of his greatest schemes. Consider setting a timer as a reminder to read God's Word and see what he will speak to you.
- For verse 29, the New Living Translation reads, "Keep me from lying to myself." What verse in this psalm can help you counteract a lie you are facing? Write the verse out and put it where it can be easily seen and reviewed.

