**Psalm 119 — Take Up And Read**

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We love the Bible because of what it is.

* 1. It is eternal.

Forever, O Lord, your word is firmly fixed in the heavens. Psalm 119:89 (ESV)

The grass withers, the flower fades, but the word of our God will stand forever. Isaiah 40:8 (ESV)

* 1. It has infinite value.

The law of your mouth is better to me than thousands of gold and silver pieces. Psalm 119:72 (ESV)

Turn my eyes from looking at worthless things; and give me life in your ways. Psalm 119:37 (ESV)

* 1. It is the truth.

Your righteousness is righteous forever, and your law is true. Psalm 119:142 (ESV)

Put false ways far from me and graciously teach me your law! Psalm 119:29 (ESV)

* 1. It is our protection in times of trouble.

Trouble and anguish have found me out, but your commandments are my delight. Psalm 119:143 (ESV)

You are my hiding place and my shield; I hope in your word. Psalm 119:114 (ESV)

* 1. It is our joy.

Your testimonies are my heritage forever, for they are the joy of my heart. Psalm 119:111 (ESV)

How sweet are your words to my taste, sweeter than honey to my mouth! Psalm 119:103 (ESV)

We love the Bible because of what it does.

* 1. It brings happiness.

Blessed are those whose way is blameless, who walk in the law of the Lord! Blessed are those who keep his testimonies, who seek him with their whole heart, Psalm 119:1–2 (ESV)

* 1. It brings cleansing from sin.

Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. Ephesians 5:25–27 (ESV)

* 1. It brings life and success.

How can a young man keep his way pure? By guarding it according to your word. Psalm 119:9 (ESV)

May my heart be blameless in your statutes, that I may not be put to shame! Psalm 119:80 (ESV)

* 1. It gives guidance for life’s decisions.

Your word is a lamp to my feet and a light to my path. Psalm 119:105 (ESV)

* 1. It gives peace in place of anxiety.

Great peace have those who love your law; nothing can make them stumble. Psalm 119:165 (ESV)

If your law had not been my delight, I would have perished in my affliction. Psalm 119:92 (ESV)

How should I treat my Bible?

* 1. Study It.

I will meditate on your precepts and fix my eyes on your ways. Psalm 119:15 (ESV)

My eyes are awake before the watches of the night, that I may meditate on your promise. Psalm 119:148 (ESV)

* 1. Obey It.

I hasten and do not delay to keep your commandments. Psalm 119:60 (ESV)

Teach me, O Lord, the way of your statutes; and I will keep it to the end. Psalm 119:33 (ESV)

* 1. Memorize It.

I have stored up your word in my heart, that I might not sin against you. Psalm 119:11 (ESV)

I will delight in your statutes; I will not forget your word. Psalm 119:16 (ESV)

* 1. Enjoy It.

for I find my delight in your commandments, which I love. Psalm 119:47 (ESV)

I rejoice at your word like one who finds great spoil. Psalm 119:162 (ESV)

* 1. Sing It.

Your statutes have been my songs in the house of my sojourning. Psalm 119:54 (ESV)

My tongue will sing of your word, for all your commandments are right. Psalm 119:172 (ESV)

* 1. Ask God for help understanding it.

Open my eyes, that I may behold wondrous things out of your law. Psalm 119:18 (ESV)

Give me understanding, that I may keep your law and observe it with my whole heart. Psalm 119:34 (ESV)

Application

1. Accept the *Take Up and Read* challenge.
2. *Iron Man* Challenge