

WARM-UP

- What is the most valuable thing you've ever owned? How do you safekeep it?
- What food item in your kitchen has the longest shelf life? Why do you think it can last long?
- Do you own any printed photos or picture frames? What made the captured memory worth printing?

WORD *⁹How can a young man keep his way pure? By guarding it according to your word. ¹⁰With my whole heart I seek you; let me not wander from your commandments! ¹¹I have stored up your word in my heart, that I might not sin against you. ¹²Blessed are you, O LORD; teach me your statutes!* **PSALM 119:9-12**

(Read also **PSALM 119:13-16.**)

When we keep something valuable, we don't simply leave it to collect dust. Storing something important means to take good care of it so that it does not wear down. As believers, we store God's word because it is life to us. Our ways are kept pure and we do away with sin by guarding and storing His word. Today, we will look at how we can store God's word in our hearts and put it into practice in our lives.

1 | Declare God's word.

With my lips I declare all the rules of your mouth. **PSALM 119:13**

One of the best ways to recall something important is through speaking about it. Our thoughts become easier to remember when they are spoken out loud instead of passive or silent processing. It is the same with storing God's word. Declaring God's word with our speech and with all our hearts helps us guard it better. When we declare His word and promises for us, we become transformed and are empowered to do His will. How have you learned to declare God's word?

2 | Delight in God's word.

In the way of your testimonies I delight as much as in all riches.
PSALM 119:14

Just as we treasure and give attention to important things and people, we can delight in God's word and testimonies. God's word is more important than anything else we could have or own. When we approach God's word with the right attitude and an open heart, we will understand, follow, and remember what it says. God's word is a way for Him to speak to us so that we become aligned to His will and trust Him above everything else. How have you learned to delight in God's word?

3 | Meditate on God's word.

I will meditate on your precepts and fix my eyes on your ways.

PSALM 119:15

When we meditate on God's word, our minds are filled with His ways and displaces what is there. This is different from the more common understanding of meditation, which involves emptying our minds. Truly meditating on God's word results in us remembering it, having a deeper understanding of it, and repeatedly speaking it. When we meditate on God's word, we allow Him to touch not only our minds, but also our hearts. What did you learn about God when you sought and meditated on His word?

The Psalmist ends this part of the song with a response: *I will delight in your statutes; I will not forget your word* (Psalm 119:16). Storing God's word helps us remember it and apply it in our lives. Doing so will cause us to obey Him and delight in all of His ways.

APPLICATION

- What are some practical ways you can store God's word? Make a note of these and begin practicing them this week.
- Commit Psalm 119:11 to memory: *I have stored up your word in my heart, that I might not sin against you.* Repeat it several times and make it your prayer this week.
- Think of one or two passages in the Bible that stand out to you. Who can you encourage with these passages this week?

