

Qoph: Psalm 119:145-152

Launch:

Have your class participate in a game of smooth arguments. Here is the hypothetical situation. Each person in the class is eligible to receive a payout of 1 million dollars. The only thing they must do is give the best argument for why they are most in need of the million-dollar prize.

Have student give his or her best argument for why he or she needs the million dollars. After the arguments have been given, choose the winner of this grand hypothetical prize.

In life, we need many things. These basics necessities include food, water, shelter, and in our world, money. However, we also have spiritual needs. One of the biggest spiritual needs in the life of every Christian is prayer. We need to be in communication with our Creator and Savior. In Psalm 119:145-152, the Psalmist shows the importance and necessity of prayer.

Highlight: Which verse spoke to you this week?

Explain:

Each of the next eight verses in Psalm 119 begins with the Hebrew letter Qoph. The theme present throughout these eight stanzas of this great poem is a theme of prayer. The Psalmist begins in these verses by crying out to God. In verse 145, he cries out in desperation because he knows how desperately he needs God. He then says he will keep the statutes of God. It is important to note that this is not an exchange, but he cries out to God because he knows he is unable to keep His statutes apart from God. He reiterates his need in verse 146 as he simply asks God to save him. This shows a proper understanding of himself and God. The next verse is very profound in its implication. The Psalmist says he rises before dawn to cry for help. This puts his prayer life as the first thing before anything else in his day. The Psalmist understands his need for prayer and meditation first because of his own depravity, but also because of those who persecute him. He understands they are far from the law of God and wishes not to be like them. He contrasts this in verse 151 by stating that the Lord is near, and His commandments are true. This once again reiterates the theme of Psalm 119 that God's Word is wonderful and good. The Psalmist ends the passage by stating that he has known the testimonies of the Lord for a long time, and these testimonies are eternal. Having a proper understanding of oneself, God, and His Word will naturally lead to prayerfully seeking God in the same way as the Psalmist in this passage

Apply:

1. Under what circumstances do you usually find yourself in prayer? (possibly before meals, before bed, when you want something, or when you're thankful)
2. What is your motivation for prayer? Is it something you've been taught to do? Is it something you do only when you feel like you're in trouble? What exactly is it that makes you decide to pray?
3. In this passage, what do you think is the Psalmist's motivation for prayer?
4. What do think about verse 147? Should we be rising at dawn (or at least first thing in the morning) to pray as the first part of our day?
5. In verse 151, the Psalmist states that all of God's commandments are true. How can we pray as if we really believe all God's commandments are true?
6. What is one practical step you can take to improve your prayer life this year?