



Welcome to Week 6, Lesson 2 of Faith & Fit! Jane and I pray that you are realizing the many benefits of a healthier heart, soul, body, and mind. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed please sign your initials on the line: _____.

Please read Psalms 119:97-104 once out loud and again silently:

Oh, how I love Your law! It is my meditation all the day. 98 You, through Your commandments, make me wiser than my enemies; For they are ever with me. 99 I have more understanding than all my teachers, For Your testimonies are my meditation. 100 I understand more than the ancients, because I keep Your precepts. 101 I have restrained my feet from every evil way, that I may keep Your word. 102 I have not departed from Your judgments, for You Yourself have taught me. 103 How sweet are Your words to my taste, Sweeter than honey to my mouth! 104 Through Your precepts I get understanding; therefore I hate every false way."

The word meditate in Hebrew transliterates as *siyachah*, means *reflection, prayer, devotion*. The connection between God's people and His word is prayer. *Reflection* is considering how to apply God's word; *prayer* is the application of God's Word; and *devotion* is loving God's Word.

How can you make God's Word the meditation of your whole day?

How can God's word be ever *with you*?

List three things you can become if you study God's Word (verses 98-100):

Please read our text again. Look at the following definitions in Hebrew:

Wiser: *chakam* which means *to be made wise, to act wise, to teach wisdom*. In this word we see a progression of actions; becoming wise, acting wise, and then teaching wisdom to others.

Understanding: *sakal* which means *to be prudent, to prosper, to have insight*.

Go back and highlight the definitions that are most meaningful to you.

Please read verse 101 again.

Name another benefit of reading and studying Gods word.

It will make more room for greater obedience to God's Word.

Kala is the original Hebrew word used for *restrain* in this passage. *Kala* means to *shut up, to withhold, to hold back*. From this definition we can infer if we wish to follow Jesus we must avoid some activities.

In order to follow Jesus more closely, is there anything you must refrain from?

List one final benefit you will gain from God's Word (verse 104).

Please read over all your answers and summarize the advantages of Bible study.

Thank you for joining us today!

We'll see you in Week 7!

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