

Teach me your decrees

Psalms 119:33-40

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does the psalmist ask God to do for him so that he can obey?

2. What does it show me about people — and about myself?

Do you see obedience as a burden, or — like the psalmist — as something to long for?

3. What will I obey this week? (a concrete step, with a day)

What one worthless thing will you turn your eyes away from this week so you can walk in God's path?

4. Who will I tell?

Who could you pray this prayer with — 'teach me, give me understanding'?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

*Lord, teach me your decrees and give me understanding,
because I long to obey you with all my heart. Turn my eyes
from worthless things and turn my heart toward you.*



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