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Food For Your Soul

PSALM 119:9-16

Introduction

1. Yesterday, as many of you know, our ladies and several members from other congregations fed those from our community a delicious thanksgiving meal.
2. Delicious meals have been served out of our Enrichment Center to hungry workers and displaced friends and neighbors in our community.
3. Good food is always a welcome sight to a hungry body, but what do you give a hungry soul?
4. It isn't enough to feed our physical bodies, we must also feed our souls.
5. Hungry souls need to be fed with God's Word.
6. This book, which you and I know as the Bible, is like no other book ever written.
7. It is truly a supernatural book because it contains the very words of God which speak to our lives.

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- a. In 2 Timothy 3:16, the apostle Paul wrote that "all Scripture is inspired of God," literally, "God-breathed."
- b. In 2 Peter 1:21, the apostle Peter said that "men moved by the Holy Spirit spoke from God."
8. Regardless of who you are, young or old, God's speaks to your life, just as if it were written exclusively for you.
9. In Hebrews 4:12, we find these words: "For the word of God is living and active and sharper than any two-edged sword, piercing as far as the division of soul and of spirit, of both joints and marrow, and able to judge the thoughts and intentions

of the heart.”

10. In these difficult times, if you haven't already done so, I want to encourage each of you to pick up God's Word. Read it. Meditate upon it.
 - a. Let God speak to your heart and your soul.
 - b. I promise you, it will make a difference in your life.
11. This morning, our reading was taken from Psalm 119, the longest psalm in Scripture.
12. It is a meditation on the Word of God — in it, we see the beauty of God's Word and its benefit in our lives.
13. My goal this morning is to encourage each of you to feed upon the only thing which can truly nourish and strengthen your soul — God's Word.

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I. God's Word Is . . .

“The sum of Your word is truth, and every one of Your righteous ordinances is everlasting” (Psalm 119:160).

A. TRUE

1. “The sum of Your word is truth . . .” — the totality of God's word is truth, there is no untruth in it.
2. In the prayer which Jesus prayed to His Father in the upper room, Jesus asked on behalf of the disciples, “Sanctify them in the truth; Your word is truth” (John 17:17).
3. Everything God has spoken is truth — He cannot lie (Titus 1:2), it goes against His nature.
4. In a world influenced by the one whom Jesus called “a liar and the father of lies” (John 8:44), it is refreshing to know there is somewhere we can go to find truth — that somewhere is God's Word.
5. God's Word is always relevant in our lives — it is not “yesterday's news.”

Slide 4**B. RIGHTEOUS**

1. The psalmist speaks of God's "righteous ordinances."
2. Ordinances is one of the many words used by the psalmist to describe God's Word.
3. He described God's Word as "righteous" — accurate, correct, honest
4. God's Word will never lead you astray, but always point you in the right direction.
5. "How can a young man keep his way pure? By keeping it according to Your word" (v. 9).
6. "Your word I have treasured in my heart, that I may not sin against You" (v. 11).
7. "Your word is a lamp to my feet and a light to my path" (v. 105).
8. If you want to make sure that you don't go wrong in life, use God's Word as your roadmap — it will not mislead you.

Slide 5**C. ETERNAL**

1. Why is God's Word eternal? It is because it emanates from One who is Himself eternal, everlasting.
2. It was Moses who wrote of God in Psalm 90:2 and said, "Before the mountains were born or You gave birth to the earth and the world, even from everlasting to everlasting, You are God."
3. Jesus said, "Heaven and earth will pass away, but My words will not pass away" (Matthew 24:35; Mark 13:31; Luke 21:33).
4. Nowhere else will you find a book that has existed as long as this book, in as many translations, with as great an impact upon the world as the Bible.

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II. The Word Of God Brings . . .

A. PEACE TO OUR HEARTS

“Those who love Your law have great peace, and nothing causes them to stumble” (v. 165).

1. I have heard more than one person who survived the flood tell me of the anxiety they feel every time it rains.
2. Still others, unaffected by the flood, have those things in their lives which cause them great distress.
3. In God’s Word we find those promises which give us much needed peace:
 - a. In Romans 8:31, the apostle Paul asked a question: “If God is for us, who is against us?”
 - b. A few verses later, he added this: “For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord” (Romans 8:38-39).
4. Even when we are anxious, God’s Word tells us what to do: “in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus” (Philippians 4:6-7).

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B. STRENGTH TO OUR SOULS

“My soul languishes for Your salvation; I wait for Your word” (Psalm 119:81).

“My soul weeps because of grief; strengthen me according to Your word”

(Psalm 119:28).

1. In Psalm 28:7, David wrote, "The Lord is my strength and my shield; my heart trusts in Him, and I am helped."
2. In the first three verses of Psalm 46, he wrote, "God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change and though the mountains slip into the heart of the sea; though its waters roar and foam, though the mountains quake at its swelling pride."
3. Paul's prayer for the Christians in Ephesus was that God would grant them, "according to the riches of His glory, to be strengthened with power through His Spirit in the inner man" (Ephesians 3:16).
4. Does your soul need strengthening today?
5. If so, let me encourage you to spend more time in His Word.

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C. COMFORT TO OUR SPIRITS

"This is my comfort in my affliction, that Your word has revived me"
(Psalm 119:50).

1. According to the apostle Paul, our heavenly Father is the "God of all comfort" (2 Corinthians 1:3).
2. He "comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God" (2 Corinthians 1:4).
3. He also said that God is One "who comforts the depressed" (2 Corinthians 7:6).
4. He responded to a question from the Christians in Thessalonica about those Christians who had died prior to the Lord's return, telling them about the

events of resurrection and then said, "Therefore comfort one another with these words" (1 Thessalonians 4:18).

Conclusion

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1. There are four verses from this psalm to which I would like to draw your attention:

**"The Lord is my portion;
I have promised to keep Your words.
I sought Your favor with all my heart;
Be gracious to me according to Your word.
I considered my ways
And turned my feet to Your testimonies.
I hastened and did not delay
To keep your commandments"**

Psalm 119:57-60

2. Is God your portion? Are you seeking His favor with all your heart?
3. Time spent in His Word on a regular basis will bring more benefit to your life than we can possibly cover this morning.
4. All of this is true only if you examine your life, turn to His Word and hasten to keep His commandments.
5. If we can assist you in any way this morning, either by praying with you or through your baptism into Christ for the forgiveness of your sins, please do not delay. Come now.