



2. Read Psalm 119:129-144.

a. How does the Psalmist describe God and God's Word?

b. What requests does the Psalmist make?

c. How did the Psalmist respond when trouble and anguish came upon him (verse 143)?

d. How might the Psalmist's requests be an example to help you shepherd your heart when trouble and distress come upon you, or if you are tempted to be bothered and distracted by many things?

3. What have you learned recently from your daily time with God in His Word? How have you been encouraged?