



# BIBLE READING NOTES

## light

### PREPARE

Understanding your word brings light to the minds of ordinary people  
(Psalm 119 v 130; CEV)

Try meditating on this verse. Read it several times and ask God to highlight what he would like you to take away from it. As you start today's study, pray that God will help you to understand what you are reading in a new, light-giving way.

### BIBLE PASSAGE

- <sup>97</sup> Oh, how I love your law!  
I meditate on it all day long.
- <sup>98</sup> Your commands are always with me  
and make me wiser than my enemies.
- <sup>99</sup> I have more insight than all my teachers,  
for I meditate on your statutes.
- <sup>100</sup> I have more understanding than the elders,  
for I obey your precepts.
- <sup>101</sup> I have kept my feet from every evil path  
so that I might obey your word.
- <sup>102</sup> I have not departed from your laws,  
for you yourself have taught me.
- <sup>103</sup> How sweet are your words to my taste,  
sweeter than honey to my mouth!
- <sup>104</sup> I gain understanding from your precepts;  
therefore I hate every wrong path.
- <sup>105</sup> Your word is a lamp for my feet,  
a light on my path.

(Psalm 119 vv 97 – 105)





# BIBLE READING NOTES

## EXPLORE

1. In verse 105, the Psalm writer talks about the word (the Bible) being a lamp for his feet, and a light for his path. He uses two different words in Hebrew.

Think about a lamp (or candle), and what it brings to a room. Why would you put a lamp on? What changes in the atmosphere of the room?

Think about a light (clear, bright, luminary) such as a torch or flashlight, and the difference it makes to have one in your hand or on your path ahead when there is darkness.

What can we pull out of these similes that are true for the place of God's word in our lives?

2. Reading through these verses there is an emphasis on law, commands, precepts – and obedience. These are often seen as negatives or restrictions. How do you think they can be something that brings joy and strength to the Psalmist (to the extent that he wrote 176 verses about them!)? Read through each verse again and see what the writer gains from his strong adherence to God's word.

3. It is possible to be an expert in what the Bible says but not live a life of light. What do you think is needed besides Biblical knowledge to enjoy the 'light' that is brought by God's word? See John 14 v 26; 1 Corinthians 2 v 12; Ephesians 1 vv 17-18.

## REFLECT

We have talked about light being something overwhelmingly positive as we reflect on these verses. We tend to polarise good = light, dark = bad. How can dark places also be something that is good – places of revelation? Can you think of any examples?





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## RESPOND

Our world seems full of darkness and despair as we go through troubled times in 2020. Looking back over the study, can you find a verse that you can hold on to this week to bring you hope? How about writing it on a post-it and sticking it near a light switch that you use frequently so that you will be reminded of God's light in your life this week?

## PRAYER

Lord of Life and Giver of Comfort,

You are the Light in our darkness. We bring the darkness of our pain and our uncertainties to you, and trust you to illuminate our path and bring light to our imaginations again.

We bring our faltering steps, our stumbles and our hesitancy to you, and ask you to strengthen our weak knees, and lift our gaze toward the beauty of your presence and the hope of your promises.

Amen

*(taken from #Niteblessings)*

