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Psalm 119

“The Blessings and Benefits of the Bible - Part 3”

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In his ongoing series in Psalm 119, Pastor Gary examines four more areas of our lives that can be impacted in wonderful ways when we read the Bible and apply it to our lives. Have you ever struggled with shame and guilt? Have you ever felt like the Bible imposed a bunch of rules and regulations that restricted your life? Have you ever wondered why no one is able to adequately comfort you or bring you hope when you face the most trying times in your life? Have ever wanted to have true friends in your life? If you answered “Yes” to any of these questions, then this message will encourage you as you find out more about the inherent blessings and benefits in the Bible for those who read it and do what it says.

The Bible Takes Away Disgrace – Psalm 119:33-40

1. **Psalm 119:39** - *“Take away the disgrace I dread...”*
 - a. The NKJV uses the word, *“reproach.”*
 - b. The Hebrew word is *cherpah*, which can mean, reproach, disgrace, or shame.
2. Disgrace and shame are horrible things to live with, but they are natural outcomes of sin.
3. Pastor Gary said: “We are all made in the image and likeness of God, and there is that God-consciousness that is placed in every human being, that even if we don’t know him in a personal way, we still understand when we violate things that are right and do things that are wrong, our conscience kicks in and we feel some amount of shame or disgrace or guilt. That’s [actually not] a bad thing. If you feel some amount of shame when you do something that is wrong, that means your conscience is working properly. It is when someone does something that is wrong

and they feel no shame about it [or] guilt [or] remorse, [that's] what psychologists call a sociopath. The Bible refers to that person as one [who has] a seared conscience. That's a terrible place to be. When you do something wrong and you don't even have a check in your heart that it [was] wrong."

4. People do all kinds of things to try to escape the weight of shame in their lives, including over-medicating themselves, and alcohol and/or drug addiction.
5. Receiving forgiveness for sin from the Lord is the only way remedy for shame, disgrace, and guilt.
6. [Psalm 103:11-12](#) - *"For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us."*
7. [Isaiah 25:8](#) - *"The Sovereign LORD will wipe away the tears from all faces; he will remove the disgrace of his people from all the earth..."*
8. [Romans 8:1](#) - *"Therefore, there is now no condemnation for those who are in Christ Jesus..."*
9. Pastor Gary said: "The Word reminds us of God's grace, and that no matter how deeply we have sunk into sin; grace goes deeper still!"
10. [Isaiah 43:25](#) - *"I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more."*
11. [1 Peter 2:6](#) - *"See, I lay a stone in Zion, a chosen and precious cornerstone [a reference to Jesus], and the one who trusts in him will never be put to shame."*

The Bible Produces Freedom - Psalm 119:41-48

12. [Psalm 119:45](#) - *"I will walk about in freedom, for I have sought out your precepts."*
13. Pastor Gary said: "How is it that laws, generally [speaking], and God's law, particularly, actually [bring] freedom into our lives? Why would the psalmist say this? Because human nature instinctively is to think of rules and laws as restrictive... If your definition of freedom is that you get to do whatever you want, whenever you want, however you want, [then] God's Word is not going to be freeing to you... If [this] is your definition of freedom, you are living in world that doesn't exist. If, on the other hand, your definition of freedom is to be able to live life to the fullest within certain boundaries that are for [your] good and the good

of others, then absolutely, God's Word will bring you freedom. Because God has set parameters and boundaries, and he has written out certain laws - [these] don't save us - [that] if we do what those [laws and] commands say, we can enjoy life to the fullest."

14. Pastor Gary said: "They [the commands and laws of God] are in place to help us, to protect us, [and] save our lives. Don't look at the laws of God and think that they're just a barrier between [you] and fun. No, they're not. They are actually placed there so that you might enjoy life to the fullest, that you might experience the wonder of life and the beauty of life and the fullness of life, without which, left to ourselves we will enter into situations that are potentially dangerous, and destructive, and deadly. Embrace God's law, [and the] commandments. [They are the] safeguard of our souls, that God has put in place because he loves us as our Father."

15. "Mankind naturally rejects rules, and boundaries. However, some rules are necessary! Some are good for our well-being. In some cases, rules make us comfortable and secure." - William M. Templeton

a. "The story is told of a pre-school built in an inner city environment. The school was on a small parcel of land, and playground space and facilities were minimal. Right by the playground was a busy highway, where many cars and loud buses and trucks traveled constantly. When recess time would come, the small children were so frightened by the noise and close proximity of the traffic, they would go to the other side of the playground and huddle up together against the building. They were fearful of the overwhelming traffic. The school officials decided to put up a fence. Of course, their intended purpose for the fence was to keep the children from getting into the street. However, upon the completion of the fence, the usefulness of the wire was very different. Now, with this barrier between the children and the busy street, they were not afraid. They began to play all around the playground, sometimes right up against the fence, which was only feet away from the edge of the road where the same noisy traffic was whizzing by. What was meant to be constraining was actually liberating. What was meant to be a barrier was in reality freeing."¹

¹ *Understanding Genesis, A commentary of the Book of Genesis with life applications for modern man* by William M. Templeton, Xulon Press, © 2010, page 36.

<https://books.google.com/books?id=BZYDN0I5wBUC&pg=PA36&lpg=PA36&dq=william+templeton+mankind+rejects+rules&source=bl&ots=Jn9B4XRDO0&sig=iS6NxWnnGUPL7P4t1fhsk5Lr-fY&hl=en&sa=X&ved=0ahUKEwinrZaZ26fVAhVLqVQKHc7AA6wQ6AEIJjAA#v=onepage&q=william%20templeton%20mankind%20rejects%20rules&f=false>

The Bible Is A Source Of Hope And Comfort - Psalm 119:49-56

16. [Psalm 119:49-50, 52](#) - *“Remember your word to your servant, for you have given me hope. My comfort in my suffering is this: Your promise preserves my life... I remember your ancient laws, O LORD, and I find comfort in them.”*
17. God’s Word will be a source of hope and comfort in the storms of life.
18. Pastor Gary said: “Have you ever noticed that when life is at its worst how it reduces men to be speechless or to come up with useless clichés and slogans that are really of no value?... When you are going through something, the last thing you need is some cheesy slogan! What we need is to know is [this]: Does God still care? Does God love me through this? Does he know what I’m going through? Can he feel what I’m going through? Will he deliver me from this? Will he help me through it if he doesn’t take me from it? Is there a purpose in all of this? The answers to those questions will not come through cheap slogans! [The answers] will only come because you take God’s Word and you allow it to minister to your soul and allow it to bring hope and comfort to you in your darkest times... Allow the Word of God to begin to just bathe your heart and mind with his precious promises of hope and comfort.”
19. [Deuteronomy 31:8](#) - *“The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”*
20. [Psalm 23:4](#) - *“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”*
21. [Psalm 62:5](#) - *“Find rest, O my soul, in God alone; my hope comes through him.”*
22. [Romans 15:13](#) - *“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”*

The Bible Will Bless Me With Good Friends - Psalm 119:57-64

23. The Bible will help us sift out the “not so hot” friends, and it will help us highlight the good friends.
24. Characteristics Of Good Friends
 - a. Someone who knows the Lord and follows his commands.
 - i. [Psalm 119:63](#) - *“I am a friend to all who fear you, to all who follow your precepts.”*
 - b. Someone who loves at all times.

- i. **Proverbs 17:17a** - *“A friend loves at all times...”*
- c. Someone who is there for you during adversity.
 - i. **Proverbs 17:17b** - *“... a brother is born for adversity.”*
- d. Someone who can keep a confidence.
 - i. **Proverbs 11:13** - *“A gossip betrays a confidence, but a trustworthy man keeps a secret.”*
- e. Someone who speaks the truth even when it hurts.
 - i. **Proverbs 27:5-6** - *“Better an open rebuke than hidden love. Wounds from a friend can be trusted, but an enemy multiplies kisses.”*

* Unless noted, all Scriptures quoted are from the New International Version (NIV 1984).