



Hello! I'm so glad you have joined me for this devotional Bible Study on Psalm 119. The idea of "S.W.A.P." was developed a few years ago for a Thanksgiving Bible Study I wrote on *How to be Thankful*. This method was inspired by other acronym-based study ideas, but I took mine one step further...

S.W.A.P.

I feel a *good* Bible study should open our eyes to what is *really there*. Not what we *want* to be there or as a result of our own opinion or emotion, rather, we *SWAP* what we have always assumed we know or take for granted in God's Word for what God's Word *actually says* and as a result, we are transformed by Truth. After all, a *good* Bible study is a critical part of how we grow to become more like Christ.

The SWAP method works like this:

Scripture – what passage of scripture is being studied

What *exactly* is being said

If you have time in your study session, a deeper understanding can be discerned by asking detective questions like Who, What, When, Where, Why and How (some examples are given below). Not every passage/section will contain answers to all of these questions, however, answering as many as possible will help our minds anchor in the text and really see what is going on.

Apply – after we have considered the scripture, and, in its context, we can begin to see how it applies. The first step is to ask, how does this apply to God? Essentially, *what do I learn about the Character of God from this section of study?* Then, with all of this information in hand, I can begin to see how it applies now and internalize what has just been studied.

Pray – to plant God's message for you deep inside, pray about it and pray the scripture

Don't be intimidated. It sounds much more complicated than it is. I'm a huge proponent for going to God's Word to absorb what is actually said and trying hard to avoid bringing what we want it to say or what we think it says (this is one way mis-interpretation occurs). If all you have time for in your day is to do a quick read-through, this is a good start. If you want to jot down notes or think deeper on the passages though, you can draw out the "W" section by asking questions like these:

Who is speaking and **Who** are they speaking to (this is so important to understanding context)

Also, **What** *exactly* is being said and **Why** is the author saying it and, last of the "W"s;

What did it mean to the original hearer of this message.

I didn't feel *this much* detail was necessary for the type of study we are doing with Psalm 119, however, you can use it here or apply the SWAP method on other Bible studies for deeper understanding and revelation.

As for Psalm 119, enclosed is a section-by-section guide for walking through Psalm 119. Each day I encourage you to either write out the entire passage indicated OR read the passage and then write out the verse or verses which stood out to you most and, if you want to, answer the "W" questions.

Don't forget to consider what the passage may reflect about the Character of God, it is OK to be repetitious. How do you discern the Character of God in Scripture when it isn't expressly stated? An example using Psalm 119:2 which says...

Blessed are those who keep his testimonies who seek him with their whole heart.

Start with, "God is..." and then re-read the passage. One thing which stands out is how we are called to "seek him". Would you be called to seek someone you can't find? No. So we could then assert that if we are called to seek God, *God is available, He is present*. Be careful not to read more into the passage than what is there. This simple answer is more than enough as you head into Application.

You could even follow that point in Application by noticing; "If God is available and present and this passage tells me that when I seek Him with my WHOLE heart I will be blessed then I want to do my part to clear rubbish out my life and heart which may hinder my ability to recognize His presence with me."

In short, as you write out an application, it may be a conviction you have of something God's Word has revealed to you or it could be something lovely, inspiring or hope-filled you feel you could apply to your daily life or use to encourage others. Whatever the Text prompts you to react on is good to log under "Application". A word of caution: ALWAYS search yourself first. It is easy to read a passage and think, "I know so-and-so needs to walk this passage out..." Naturally, we will recognize people in our lives who fall short of God's Word... but if we are not first be absolutely honest with ourselves FIRST, we miss where we may need it as well and run the danger of hypocrisy. Application is for self, and if what you are learning for self happens to help another, than praise the Lord!

Finally, there is a line for you to write a prayer out if you would like. Writing out prayers can be encouraging for reflection when we look back on them later - we are readily able to see how God has worked in our hearts and lives. It is good to pray the scripture as well. If you have never done this before, an example prayer which could be written using the passage we referenced above might go something like this:

*Lord, I thank you for your Word today. Please help me to keep your testimonies,
to seek you with my whole heart, not just part of it,
that I might feel the blessing of your presence as a result.
In Jesus' Name, Amen.*

Above all, whatever you do, don't complicate the process! It is meant to be simple. The outline for each day is merely a guideline to help you in a direction. Some days you may not be able to finish... that is OK. Simply pick up where you left off the next. Nobody is timing you or grading your progress. This study is intended to prompt you into *valuable* and deeper study and prayer time so that each day can feel more full of the Hope and Peace God offers us. It IS attainable, no matter how slow or busy we are!

About Psalm 119...

- 🕯 It is the longest Psalm totaling 176 verses!
- 🕯 It is unique in that it is an alphabetical acrostic utilizing the 22 letters of the Hebrew alphabet arranged in 8 stanzas for each.
- 🕯 The theme, simply, is *the Word of God* and becomes evident throughout.

This study I have prepared is set up section-by-section, or Hebrew letter-by-letter. I encourage you to take your first day of study time and simply read straight through the entire Psalm in order to have a birds-eye view of its layout as you dive in for a closer look.

If you have ANY questions, please do not hesitate to email me, amanda@faithandhomepublishing.com
I love if you tagged me in pictures of your study on Instagram (faithandhome) and/or Facebook (faithful.homeschool). It would be great to re-share and encourage others to be diving into the Word!

I pray your time with the Lord in His Word draws you closer to His presence ♥

Blessings,

Amanda



Aleph

Read Psalm 119:1-8

Scripture passage: _____

What *exactly* is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Beth

Read Psalm 119:9-16

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Gimel

Read Psalm 119:17-24

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Daleth

Read Psalm 119:25-32

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



He

Read Psalm 119:33-40

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Waw

Read Psalm 119:41-48

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Zayin

Read Psalm 119:49-56

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Heth

Read Psalm 119:57-64

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Teth

Read Psalm 119:65-72

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Yodh

Read Psalm 119:73-80

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Kaph

Read Psalm 119:81-88

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Lamedh

Read Psalm 119:89-96

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Mem

Read Psalm 119:97-104

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Nun

Read Psalm 119:105-112

Scripture passage: _____

What *exactly* is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Samekh

Read Psalm 119:113-120

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Ayin

Read Psalm 119:121-128

Scripture passage: _____

What *exactly* is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Pe

Read Psalm 119:129-136

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Tsadhe

Read Psalm 119:137-144

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Qoph

Read Psalm 119:145-152

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Resh

Read Psalm 119:153-160

Scripture passage: _____

What *exactly* is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Sin and Shin

Read Psalm 119:161-168

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Taw

Read Psalm 119:169-176

Scripture passage: _____

What exactly is being said? _____

What words or phrases stand out to you and why?

What do you notice about the Character of God here? _____

Apply: _____

Pray: _____

*Share what you have learned with others, not only is this another way to make the message stick with you...
but it is also a way to shine the light of Jesus for others to see!*



Conclusion

You made it through Psalm 119! What did you think? Has God used this study to speak to you on specific areas of your own life? How has this study grown you? Every time we complete a study of God's Word it is so important to ask these questions as a way to reflect on what we have learned and prepare to walk it out daily. James wrote:

But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

James 1:22-25 (ESV)

I hope and pray this study has, indeed, been transformative and grown your love for digging into the Word of God! Below is space for you to jot down your reflections. I pray, as you move forward, you carry the truths you have learned with you... that they would guide you in thought, word and deed.
