

# THE LIFE

EMBRACING THE LIFE OF A CHRIST-FOLLOWER

PART 2: THE PICTURE OF A DISCIPLE  
UNIT 2: A DISCIPLE HUNGERS TO KNOW GOD  
LESSON 22: KNOWING GOD  
THROUGH THE BIBLE, PART 2

**What we want students to learn:** That one of the key traits of Christfollowers is “storing up” God’s Word in their hearts.

**What we want students to do with what they’ve learned:** To understand the importance of knowing God’s Word, personally, and committing to know it even better.

**Scripture Focus:** Psalm 119:11-16

**Supporting Scripture:** 2 Timothy 3:16-17

**Overview:** As people who strive to live as disciples of Christ, being intimately familiar with God’s Word is essential. And yet, few teenagers (and dare we say few adults) make memorizing Scripture a key practice. The only problem with this is that the Bible is full of examples of people who knew God’s Word personally and put it to great use. The challenge of this lesson is to help your students understand the VALUE of knowing God’s Word by heart, and then to move them to practically commit to an increased effort at memorizing Scripture.

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## TEACHER PREP VIDEO

Each **LIFE** lesson comes with a Teacher Prep Video. These are short videos designed to help you grasp the main point of the lesson as you prepare to teach.

To access your **LIFE** lesson 22 Teacher Prep Video, login to your Lesson Manager, navigate to lesson 22, and click on the “Background” tab. You’ll notice the Teacher Prep Video near the top of the Lesson Manager window.

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## BIBLE BACKGROUND

The *Bible Background* is designed to help you provide some context for the Scripture you’ll be studying. The Details gives you background info for each book, The Setting informs you what’s happening in and around the passage, and The Main Point gives you an overview of how the passage will be used in the lesson.

- **What do we mean by “context”?** In every **YM360** Bible study lesson, you’ll notice we make a point to encourage you to provide the context for the passages you study. By “context” we mean at the very least helping students know **who** wrote the book, **when** it was written, and **why** it was written.
- **What’s the big deal?** When we teach the Bible without giving context, students don’t get a “big picture” understanding of the story of the Bible. But this view is vital to grasping the story of God’s plan of redemption for humankind. As you teach, use the Bible Background to help summarize the context.

## THE DETAILS

- **Author:** God inspired various authors to write a majority of the Psalms in their era, including seventy-three by David, twelve by Asaph, eleven by the Korahites and two by Solomon. Heman, Ethan and Moses each wrote one, while the authorship of fifty other Psalms remain unknown.
- **Time frame:** The Psalms were written during different eras of Israel’s history, spanning from 1100 BC (i.e Psalm 29, 68) to 400 BC (i.e. Psalm 119).

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- **Purpose:** The Psalms are inspired by God to poetically reflect humanity's journey with Him. Each psalm serves a different purpose, such as a personal or communal lament, hymn, song, reflection or declaration. Many of these were set to music and intended to be shared publicly, even when sharing a revealing confession (i.e. Psalm 51).

## THE SETTING

Psalm 119 is the longest chapter in the Bible and one that is full of rich truths. While a certain tradition holds that David authored it and used it to aid his son, Solomon, in learning the Hebrew alphabet, this account is largely apocryphal, and the psalmist is unidentified in this chapter. Psalm 119 is one of the few acrostics in the Bible. It's broken down into 22 subsections, each starting with a specific Hebrew letter. It was used as a mnemonic device to help the hearer retain the incredible truth it lays out. The theme of the chapter revolves around the importance of the Word of God and how fundamental it is to daily life.

## THE MAIN POINT

The main point we want to make in Psalm 119:11-16 is that it is incredibly important to know the Word of God personally and deeply. We live in a world where so many of the "black and white" moral distinctions seem to have eroded, and we are left to make difficult choices every day. The Word helps us to navigate this difficult terrain, but that is not the only thing it does. It reveals the heart and character of God Himself. The more we store the Word in our heart, the more we become like Him, which is the aim of the Christian life. Knowing the Word gives us a shield against the tactics of the enemy and allows us to grow deeper in our love and knowledge of the Lord.

## LESSON PLAN

The *Lesson Plan* contains three elements: An introductory activity called **The Lead In**; the Bible study section called **The Main Event**; and an application-focused segment called **The Last Word**.

## THE LEAD IN

- **Goal:** To help students understand the value of their memory and how they can use it redemptively.
- **Set-Up:** Print enough copies of the "Name That Movie Quote" PDF (located in your Lesson 1 folder) so that each group of three to four students can have a copy.

FIRST, explain to students that they will divide into groups of 3-4 students and distribute one activity sheet per group. Let students know that they are doing some entertainment trivia using quotes from a variety of movies. Inform them that they will have 3-5 minutes to work as a group to come up with the name of the movie from which the quote is taken.

THEN, at the end of the time limit, go through and give the answers listed below and let each group grade their work. If you are able, distribute some candy to the winners or any type of reward will do.

Here are the quotes with the given answers.

1. "With great responsibility comes great power."- Spider-Man
2. "Why so serious?"- The Dark Knight
3. "Oh, no, it wasn't the airplanes. It was Beauty killed the Beast."- King Kong
4. "There's no place like home."- The Wizard of Oz

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5. "They may take our lives but they'll never take our freedom!"- Braveheart
6. "The seaweed is always greener in somebody else's lake."- The Little Mermaid
7. "You did it! Congratulations! World's best cup of coffee! Great job everybody! It's great to be here."- Elf
8. "If you wear a dress and have an animal sidekick, you're a princess."- Moana
9. "The Force is with me. I am one with the Force."- Rogue One: Star Wars
10. "You're gonna need a bigger boat."- Jaws
11. "My precious."- Lord of the Rings
12. "If you build it, he will come"- Field of Dreams
13. "Every great love starts with a great story..."- The Notebook
14. "Give me some of your tots!"- Napoleon Dynamite
15. "You'll shoot your eye out, kid!"- The Christmas Story
16. "Mama always said life was like a box of chocolates. You never know what you're gonna get."- Forrest Gump
17. "You're lucky. No memories, no problems!"- Finding Dory
18. "We may be evolved, but deep down we are still animals."- Zootopia
19. "You get hurt, hurt 'em back. You get killed, walk it off."- Avengers: Age of Ultron
20. "I'll be back."- The Terminator

FINALLY, once you have gone over the answers, say something like this:

- **I hope you all enjoyed this activity! Our memory is a fascinating thing. We have the power to not only remember quotes from movies, but also quote entire sections of movies! We do the same with songs as well. I bet if your favorite artist came on the radio right now that you would be able to sing all of the lyrics. Want to hear something amazing? Orthodox Jewish children are expected to memorize the Torah (first five books of the Bible) by the age of 12. Let that sink in for a moment. Our memory is a God-given tool that we should serve Him with. Would you agree that the things we fill our mind and our memory with have an effect on us? You see, we become like the things that we behold. That's why it's so important to fill our minds with God's Word. In times of temptation or confusion, it provides comfort and wisdom for us. It is the path that leads to life. So today we are going to talk about the importance of knowing His Word and committing it to memory.**

Transition into *The Main Event* portion of your lesson.

## THE MAIN EVENT

- **Goal:** To help students identify the need of knowing God's Word and storing it in their hearts.
- **Set Up:** You'll benefit from a dry-erase board, but it's not critical. Make sure students have a Bible, or that they are able to look along with a friend.

FIRST, lead students to brainstorm a definition for the word "delight." Write the word on a dry-erase board, and record their definitions. When they've slowed down supplying answers, or if they get stumped, write the following answer on the board:

- **Delight: a high degree of pleasure or enjoyment.**

NEXT, ask them, "What are some things that you delight in?" Record their answers.

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After they have taken a minute to think and give their answers, take a minute to explain to them that we naturally gravitate to the things we delight in. Say something similar to the following:

- **God has given us temporary pleasures and delights on earth such as a good meal, sunshine, a warm friendship, sports, good music, an engaging film, etc. These are all really great things that should be enjoyed, but they are all momentary. We have to keep coming back to those things to receive the delight they bring. However, Jesus says in John 6:51, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst." Jesus says that if we put our trust in Him and in His Word, then we will never hunger again. Knowing Him and His Word reaps eternal benefits. When His Word becomes our ultimate delight, we are transformed more into who we are called to be.**

THEN, explain that you're going to start by looking at what the psalmist had to say concerning God's Word. Instruct students to turn to Psalm 119. While students are looking, make sure you take a few moments to provide the context for the passage using the Bible Background.

NEXT, read or have a student read Psalm 119:11-16. When students have finished, lead them in a short discussion. Instruct them to look back at verse 11-12. Ask something like:

- **What does it mean when the psalmist says that he stored up God's word in his heart?**
  - Answer: First, he believed His Word. Then, he took in God's Word, i.e., he read it, and he dwelled on it.
- **How does storing God's Word in our heart help us to fight against sin?**
  - Answer: The problem with our sin battle is that too often we think we can defeat it with our own will power. However, we fall short every time. It's only by storing the Word up in our heart, and trusting God to make it come alive within us, that we can contend with sin.
- **In verse 12, the psalmist asks God to teach him His statutes (which means God's rules, or ways). What does that show about the psalmist?**
  - Answer: He acknowledged that he didn't know everything, and that God still had things to teach him. It also showed his earnestness to take this knowledge and obey God with it!

THEN, turn their attention to verses 13-14. Ask:

- **Why is it important to declare God's commands with our mouths? What benefit did this bring to the psalmist?**
  - Answer: We are forgetful creatures that need to be reminded of what God calls us to each and every day. It reminded the psalmist of his commitment to love the Lord, and it also held him accountable to other people.
- **Do you find it easy or hard to talk about God's Word with others?**
  - Answers will vary.

NEXT, take a minute to ask your group to name off some of the items that the richest people in the world buy with their money:

- **Answers will vary but may include mansions, planes, islands, nice cars, swimming pools, etc.**

Then, draw upon the idea that the psalmist understood the importance of not placing his delight in material things. Verse 14 shows that he decided to delight in God's Word instead of in his riches. For those who think this psalm was written by King David, this adds even more meaning to the text. Explain that David would have been in a position to have any material thing that he wanted. If these words are his, it shows that he understood what it meant to be satisfied in God. Ask:

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- **Regardless of whether it was David who wrote this psalm or not, why do you think the author wrote what he wrote in verse 14?**
  - Answer: The psalmist understood that to have the Giver was much better than just the gifts. Knowing God's Word was the opportunity to strengthen his relationship with God.

THEN, direct students' attention to the last two verses of our section, vs. 15-16. Ask:

- **In verse 15, the Psalmist says that he meditates on God's precepts. What does this look like?**
  - Answer: This is not the type of meditation propagated in eastern religions or yoga. This simply means to give in-depth, focused, meaningful attention to the Word.
- **How does meditating on the Word help us to better live it out?**
  - Answer: Just like studying for a test, the longer you sit with the material, look over it, and allow it to settle into your memory bank, the better you're able recall it and apply it. The same goes for the His Word! The more we dwell on it, the more we delight in it. And God ultimately shapes and transforms us through it.
- **Looking at verse 16, what is the psalmist's view of God's Word?**
  - Answer: It's something to delight in! It brings us joy to truly know His Word and live it out.
- **How does the mentality of delighting in the Word compare with others' mentality of it?**
  - Answers will vary. However, many people view knowing and taking to heart God's Word as a chore. David wants us to hear that knowing His Word is delightful and fun!
- **What are some ways God uses the Word that we have stored away in our hearts?**
  - Answer: There are a variety of ways but there are two common ways. 1) He constantly brings it to our minds when we are presented with a decision to either serve the flesh or walk by the Spirit. 2) He brings it to our minds to encourage our brother and sister in their faith.

NEXT, explain to students that absorbing the Word of God has a multitude of benefits! Read 2 Timothy 3:16-17 and ask the following questions:

- **Why can we have confidence in Scripture and know that it's true?**
  - Answer: The Bible attests that God was the one who inspired and directed its composition. Even though it has multiple different authors and writing styles, it is totally cohesive and does not contradict itself.
- **As verse 17 attests, in what way does the Word equip us for every good work?**
  - Answer: It lays out God's mission for our lives and shows us how to live. Not only that, but it is the power source of every Christian to be rejuvenated in their faith.

FINALLY, explain to students that wherever they are in their knowledge of the Word of God, they are called to expand it. Say something like this:

- **A large percentage of seniors graduate from student ministry and don't come back to church. Some think that one of the reasons why is because they never took learning the Word to heart. At some point our faith can't be reliant on our parents' faith anymore, and that can only happen when we commit to grow in the knowledge of God through the Word of God. It might sound tough right now, but I promise if you commit to studying and memorizing it, it will make an incredible impact in your life and take your faith to a whole new level.**

Ask if there are any questions, and if there are none, transition into *The Last Word*.

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## THE LAST WORD

- **Goal:** For students to understand the importance of knowing God's Word, personally, and committing to know it even better.
- **Set Up:** None needed

FIRST, explain to students that as you begin to wrap up your lesson, you want to talk about how the practice of Scripture memory is a fundamental discipline to their Christian life.

Ask the question, "Does anyone know the best way to eat an elephant?" If one of your students has heard this question, they'll know the answer. But the rest will probably think it's gross.

- **Answer: The best way to eat is one bite at a time!**

Say something like this:

- **A lot of times we can view memorizing Scripture as an insurmountable task because it contains so much. But just like the elephant, I think we should approach memorizing it in small chunks. Maybe you don't let your first Scripture memory task be to memorize the book of Hebrews. Shoot to memorize one or two verses a week from a book that you are currently studying.**

THEN, talk about how with any discipline we want to cultivate in life (working out, studying, eating right), there are always excuses we can make. Follow that by asking:

- **What are some practical things you can do to make sure you commit to Scripture memorization?**
  - Answers will vary. There are two practical things: 1) Write out memory verses that we can put before our eyes often: on bathroom mirrors, carry around index cards, use an app, etc. 2) Also, partner up with a friend and create a Scripture memory game-plan. This will provide accountability and keep us going when we want to give up.

NEXT, drive home the point of perseverance and accountability by using this illustration:

- **Have you ever been on a long hike with friends so that you could get to a beautiful view? I'm not just talking about a 1-2 mile hike, but one in which your calves burned and sweat poured down your face. If you're normal, then there's probably a time in the midst of the hike where you wanted to give up and turn around. At that moment the view was too far out of sight, and the struggle was an all too present reality. But your friends wouldn't let you give up. The only reason you got to your destination and gazed upon the immaculate view was because of the brothers and sisters you had to uphold you. Much like this, the Christian walk has its ups and down. That's why we need faithful friends around us to encourage us in the spiritual disciplines, especially meditating on the Word and memorizing it. When we commit to this, the Lord transforms our lives into a beautiful view that glorifies Jesus and others take notice of.**

Encourage them to evaluate where they are at in their devotional life and to take the next step to implement this spiritual discipline.

FINALLY, allow time for any closing thoughts or questions from your students. Then, close in prayer.

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- Don't forget to distribute the devotions to your students this week. If you're posting them on Instagram, or some other means of electronic distribution, make sure you inform students of when they will be receiving them.
- Use the **Social Media** guide to stay in touch with students via text or Instagram, and to encourage them to follow through with reading their devotions.

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## WE WANT TO HEAR FROM YOU . . .

- Do you have questions about a lesson?
- Something that worked particularly well you want to share?
- Something that didn't work you want to bring up?

We value your feedback! Please do not hesitate to email us with your questions, comments, or concerns, at [feedback@youthministry360.com](mailto:feedback@youthministry360.com).