

# Journey to Wellness and Wholeness

Week 2

Knowing the Word of God

# Biblical Knowledge

- **Psalm 19:7** The instructions of the **LORD** are perfect, reviving the soul. The decrees of the **LORD** are trustworthy, making wise the simple.  
**8** The commandments of the **LORD** are right, bringing joy to the heart. The commands of the **LORD** are clear, giving insight for living.  
**9** Reverence for the **LORD** is pure, lasting forever. The laws of the **LORD** are true; each one is fair.  
**10** They are more desirable than gold, even the finest gold. They are sweeter than honey, even honey dripping from the comb.  
**11** They are a warning to your servant, a great reward for those who obey them.

**Psalm 19:12** How can I know all the sins  
lurking in my heart?

Cleanse me from these hidden faults.

**13** Keep your servant from deliberate sins!

Don't let them control me.

Then I will be free of guilt  
and innocent of great sin.

**14** May the words of my mouth  
and the meditation of my heart  
be pleasing to you,

**O LORD**, my rock and my redeemer.

- **Psalm 119:9** How can a young person stay pure?

By obeying your word.

**10** I have tried hard to find you—  
don't let me wander from your commands.

**11** *I have hidden your word in my heart,  
that I might not sin against you.*

**12** I praise you, O **LORD**;  
teach me your decrees.

**13** I have recited aloud  
all the regulations you have given us.

**14** I have rejoiced in your laws  
as much as in riches.

**15** I will study your commandments  
and reflect on your ways.

**16** I will delight in your decrees  
and not forget your word.

**Psalm 119:17** Be good to your servant,  
that I may live and obey your word.

**18** Open my eyes to see  
the wonderful truths in your instructions.

**19** I am only a foreigner in the land.  
Don't hide your commands from me!

**20** I am always overwhelmed  
with a desire for your regulations.

**21** You rebuke the arrogant; those who wander  
from your commands are cursed.

**22** Don't let them scorn and insult me,  
for I have obeyed your laws.

**23** Even princes sit and speak against me,  
but I will meditate on your decrees.

**24** Your laws please me;  
they give me wise advice.

**Psalm 119:25** I lie in the dust;  
revive me by your word.

**26** I told you my plans, and you answered.  
Now teach me your decrees.

**27** Help me understand the meaning of your  
commandments,  
and I will meditate on your wonderful deeds.

**28** I weep with sorrow;  
encourage me by your word.

**29** Keep me from lying to myself;  
give me the privilege of knowing your  
instructions.

**30** I have chosen to be faithful;  
I have determined to live by your regulations.

# Scripture's place:

- **2 Timothy 3:14** But you must remain faithful to the things you have been taught. You know they are true, for you know you can trust those who taught you.**15** You have been taught the holy Scriptures from childhood, and they have given you the wisdom to receive the salvation that comes by trusting in Christ Jesus.**16** All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.**17** God uses it to prepare and equip his people to do every good work.

- Phil. 4:13 “I can do all things through Christ who strengthens me”!
- If we don't know God's WORD we don't know His prophecies.
- If we don't know God's WORD we don't know His promises.
- If we don't know God's WORD we don't know His plan.
- If we don't know God's WORD we don't know His POWER.

- **Romans 12 A *Living* Sacrifice to God**

**1** And so, dear brothers and sisters,\* I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.\***2** Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

**3** Because of the privilege and authority\* God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.

- Do you want to get well? Jesus
- For us to be successful in all the other steps of Wellness and Wholeness we need to be people who are hiding the word of God in our hearts.