

When You're Down and Troubled and You Need Some Loving Care

Psalm 119:25-32

I. Ask the Lord to revive your soul and give you understanding 119:25-27

- 1) Ask Him to teach you His word 119:25-26
- 2) Meditate on His wondrous works 119:27

II. Ask the Lord to sustain you and guide you in a life of integrity 119:28-29

- 1) Ask the Lord to strengthen you from His word 119:28
- 2) Ask the Lord to lead you to live faithfully 119:29 (cf. v. 30)

III. Ask the Lord to keep you from shame and to gladden your heart

119:30-32

- 1) Choose faithfulness 119:30
- 2) Set your mind on the Word 119:30
- 3) Cling to the Word 119:31
- 4) Run faithfully 119:32