



WINTER CHALLENGE  
DECEMBER 2024  
PSALM ONE NINETEEN

DAY 7

VERSE: 7 Zayin

Remember [always] the word *and* promise to Your servant,  
In which You have made me hope.

50 This is my comfort in my affliction,  
That Your word has revived me *and* given me life.

51 The arrogant utterly ridicule me,  
Yet I do not turn away from Your law.

52 I have remembered [carefully] Your ancient ordinances, O Lord,  
And I have taken comfort.

53 Burning indignation has seized me because of the wicked,  
Who [b]reject Your law.

54 Your statutes are my songs  
In the house of my pilgrimage.

55 O Lord, I remember Your name in the night,  
And keep Your law.

56 This has become mine [as the gift of Your grace],  
That I observe Your precepts [accepting them with loving obedience].



## THEME

The Sword of the Spirit  
'the Word of God'

-Ephesians 6:10-20  
/Hebrews 4:12

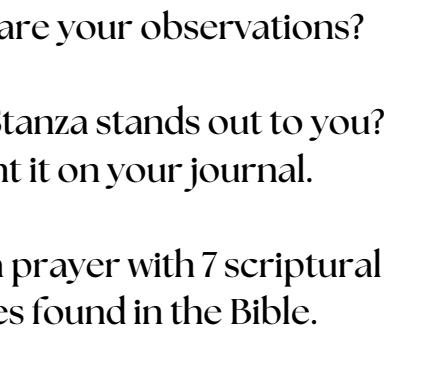
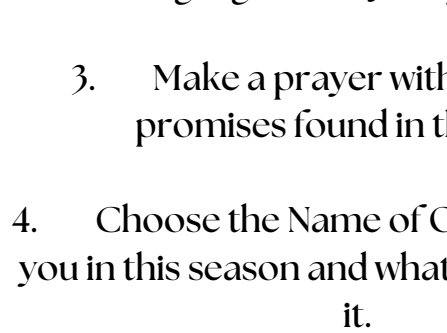
## INSIGHTS

At the introduction of this verse (**Zayin**), the Poet appeals to God to remember His Word and promises which is his hope in affliction, bringing comfort in despair and his encouragement. From his petitions, life is full of uncertainties and unprecedented spiritual attacks thereby, 'lamenting' about his low times. Nonetheless, he draws his strength and protection from God's Word. For he mentions it in every line. He has devotedly relied on it despite his hopelessness, misery, being mocked, annoyed, and restless. Why? It is his Armor of defence, and a weapon against (offense), spiritual attack [Ephesians 6:11-17, Matthew 4]

As we continue, one thing for sure is that the Poet is anchored in God's Word despite the enemy ways of creating anxiety and moments of brokenness in him. Thus, he states...*I have remembered [carefully] Your ancient ordinances...* He is portraying a picture of one's eternal identity rooted in the Word.

Lastly, he asserts ...*O Lord, I remember Your name in the night...* This has been his practice, his way of life. Meditate on the night; the temporary and momentary darkness; yet he comes back again and again to recall "Who is God to you?". The Poet is figurative sense of **ruminating and reflecting** over the revelation that comes with the central personality and nature of the One who bears the name [Psalm 148:13].

The Poet has shown us that God's Word is a transformational tool and weapon, our Sword. It brings hope, comfort, strength, and protection when you need it most. It's alive and powerful; **active and personal**. The more you possess it the more ready you will be for spiritual battle. The Bible is your only defence and offensive weapon in pathway to life. And Jesus demonstrated this when He was tempted in the wilderness by the devil.

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1. What are your observations?
  2. What Stanza stands out to you?  
Highlight it on your journal.
  3. Make a prayer with 7 scriptural promises found in the Bible.
  4. Choose the Name of God that inspires you in this season and what you draw from it.
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## CHALLENGE

## INSPIRATION QUOTE

“

When we hear any promise in the word of God, let us turn it into a prayer. God's promises are his bonds. Sue him on his bond. He loves that we should wrestle with him by his promises.

Sibbes, cited in Spurgeon

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Thank You for your participation!