



WINTER CHALLENGE  
DECEMBER 2024  
PSALM ONE NINETEEN

DAY 6

VERSE: I Waw (Vav)

May Your lovingkindness also come to me, O Lord,  
Your salvation according to Your promise;

42 So I will have an answer for the one who taunts me,  
For I trust [completely] in Your word [and its reliability].

43 And do not take the word of truth utterly out of my mouth,  
For I wait for Your ordinances.

44 I will keep Your law continually,  
Forever and ever [writing Your precepts on my heart].

45 And I will walk at liberty,  
For I seek *and* deeply long for Your precepts.

46 I will also speak of Your testimonies before kings  
And shall not be ashamed.

47 For I shall delight in Your commandments,  
Which I love.

48 And I shall lift up my hands to Your commandments,  
Which I love;  
And I will meditate on Your statutes.





God's Steadfast Love  
"Hesed"

- 1 John 4:7-29

THEME

INSIGHTS

In this verse (Waw), the Poet begins by crying out for God's lovingkindness. This is his defence 'be prepared with an answer when faced with people that will reproach him'. He relies on the Lord's steadfast love to be saved "your salvation" from the many dangers he faces. In Hebrew *God's lovingkindness* is often referred to as "HESED" which means steadfast love/faithful love/unfailing love. This is translated to the Covenant-keeping love of God full of mercy and kindness, consistent and ever faithful [Deuteronomy 7:9, Hosea 6:6].

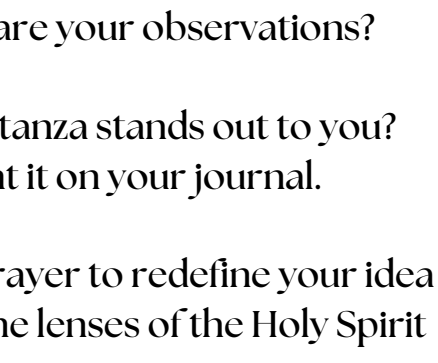
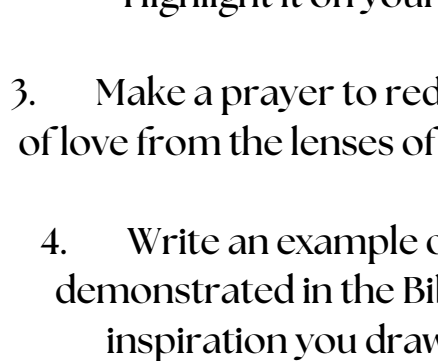
We know and can see that Poet finds every part of God's Word valuable because that is where he finds his answers, his hope, his courage, and his delight. There is a complete trust and reliability on it [Deuteronomy 8:3, Matthew 4:3-5]. For this reason, he wants to be "continually fed" therefore he is patient and waits on God's timing and His Truth.

And so, he makes a pledge 'declarations of action',

*"I will keep Your law continually... And I will walk at liberty... I will also speak of Your testimonies before kings... I shall delight in Your commandments... I shall lift up my hands to Your commandments... I will meditate on Your statutes"*

Because of his confidence, faith and love for God and the power of His word, having delighted in His lovingkindness/mercies/steadfast love. He is committed wholeheartedly to obey, trust and proclaim God's Word [Psalm 23]. The Poet has COVENANTED with God and His Word.

God's lovingkindness is His great love, His mercy, His redemption, which comes to us through His Word, fully revealed to us in the person of His Son, Jesus Christ. For we are saved by God's grace through the gift of faith that God's gives, and that gift of faith comes through God's Word [Romans 10:17].

- 
1. What are your observations?
  2. What Stanza stands out to you?  
Highlight it on your journal.
  3. Make a prayer to redefine your idea of love from the lenses of the Holy Spirit
  4. Write an example of 'hesed love' demonstrated in the Bible and what inspiration you draw from it?
- 

## CHALLENGE

## INSPIRATION QUOTE

“

“In the Hebrew mind hesed is always something you do. It is a verb. It is loading wounded people on donkeys, running to greet runaway children, forgiving enormous debts, paying someone who worked an hour as much as the ones who worked all day, giving a party to those who can't pay you back. It is a resonant response to the overwhelming kindness of the God of Exodus 34, who is full of hesed.”

— Michael Card

”

Find us through  
[www.kingdom-courtship.com](http://www.kingdom-courtship.com)  
The Samaritan Woman Mentorship | Kingdom  
Courtship

Email : [kingdomcourtship101@gmail.com](mailto:kingdomcourtship101@gmail.com)

TikTok/Instagram: [@kingdom.courtship](https://www.instagram.com/kingdom.courtship)



Thank You for your participation!