**Psalm 119:105**  *It Is Written*  
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**Psalm 119:105:** Your word is a lamp to my feet and a light to my path.[[1]](#footnote-1)

**Introduction:**

Words are powerful.

Anyone here remember AOL, America Online? Remember that screechy sign on sound AOL made when logging onto the internet through the phone line? I can still hear it. Whoever picked that sound at their headquarters needs to be fired… oh yea, the whole company has disappeared. Probably because of that log in sound.   
In all seriousness, those of us that grew up immersed in the AOL screech also know about AOL instant messaging, AIM. I remember when Leslie and I started dating for a second time early in college. As our relationship was progressing, I remember sending a message to her making my intentions clear. I remember sending those words out and checking over and over again for her to reply.

What would she say?   
How would she respond?

Something inside me knew deep down it would only take a few simple words to change my life. I could feel the weight of it.

Finally when I logged in and noticed a reply from her my heart took off. I remember feeling anxious, pausing for a brief moment before opening her reply…

How did it go? We have been married for almost 25 years and have 5 children. I would say it went okay.

I also know the power of words on the other side. I remember hearing that my grandmother passed away. I remember hearing that one of my favorite professors shipwrecked his faith.

Words are very powerful!

Here is what a simple word can do according to Scripture.

1. God’s words initiated the creation of the universe, bringing everything into existence. Genesis 1:3: “And God said, ‘Let there be light,’ and there was light.”
2. The words of God have the power to heal and restore. Psalm 107:20: “He sent out his word and healed them, and delivered them from their destruction.”
3. God’s words reveal the true nature of human thoughts and intentions. Hebrews 4:12: “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”
4. God’s words sustain spiritual life, just as food sustains physical life. Matthew 4:4: “But he answered, ‘It is written, Man shall not live by bread alone, but by every word that comes from the mouth of God.’”
5. God’s words bring the message of salvation and generate faith. Romans 10:17: “So faith comes from hearing, and hearing through the word of Christ.”
6. Jesus’ words demonstrated divine authority over nature, commanding the wind and sea to obey. Mark 4:39: “And he awoke and rebuked the wind and said to the sea, ‘Peace! Be still!’ And the wind ceased, and there was a great calm.”
7. The Word of God revealed God to humanity through the incarnation of Jesus Christ. John 1:14: “And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.”
8. God’s words provide hope that all will be made right. Isaiah 55:11: “So shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.”
9. God’s words instruct, correct, and equip believers to live rightly. 2 Timothy 3:16-17: “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.”
10. The preaching of God’s Word puts on display what is right and wrong. Acts 2:37: “Now when they heard this they were cut to the heart, and said to Peter and the rest of the apostles, ‘Brothers, what shall we do?’”
11. God’s Word is a spiritual weapon that empowers believers to stand firm against evil. Ephesians 6:17: “And take the helmet of salvation, and the sword of the Spirit, which is the word of God.”
12. God’s words show us the way through this life to life to the full. Psalm 119:105: “Your word is a lamp to my feet and a light to my path.”

**Lectio:**  
**Psalm 119:105:** Your word is a lamp to my feet and a light to my path.[[2]](#footnote-2)

**Meditatio:**

Literary and linguistic insights:

Every part of this piece of literature is proclaiming the structure and order of God, content, context and construction. Psalm 119 is an acrostic poem, with each section corresponding to a letter of the Hebrew alphabet. This structure suggests a comprehensive meditation on the law, reflecting the psalmist’s deep reverence for God’s Word as an all-encompassing guide for life. [[3]](#footnote-3) The Hebrew word for “lamp” (נֵר, ner) implies a small, handheld oil lamp, suggesting that God’s Word provides just enough light to guide the next steps rather than illuminating the entire journey at once.[[4]](#footnote-4) The word “light” (אוֹר, or) extends the metaphor, emphasizing clarity and truth, showing how Scripture dispels darkness and confusion from the believer’s path.[[5]](#footnote-5)

Philosophical Observation:

There is an ontological appetite in humans that longs to be satisfied. We are restless in our pursuit of meaning and purpose.

This is why you can give your kids a great home, all the food they can eat and every new model of phone when they are released and they are still wildly depressed. Something in us is hungry for more than mere material things.

From Augustine, Blaisé Pascal to C.S. Lewis… if you have a depressed restless heart, you don’t need more stuff, power or money. You do not need new kids, a new spouse or liposuction. You need to lean into the existential, look up into the stars and declare to God that you want to be captivated by His wonder.

Here is the wild secret the modern western man wants to ignore. You don’t find purpose and meaning from what you make with your hands. You bring meaning to it!

**Illustration:**

**This leads to a great question.**

What keeps us from hearing the words of God?

1. Wanting the favor of secular man more than the wonder of God.
2. Obsession with doing more and efficiency. Efficiency is the enemy of intimacy.
3. Individualism: refusing Christian community.
4. Prioritizing time in secular culture over Christian culture.
5. The assumption that you understand your desires more than the God who created you.

**Next Steps Cards:**

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To follow the word of God: What must you cast off? What must you commit to?

1. The Holy Bible: English Standard Version (Wheaton, IL: Crossway Bibles, 2016), Ps 119:105. [↑](#footnote-ref-1)
2. The Holy Bible: English Standard Version (Wheaton, IL: Crossway Bibles, 2016), Ps 119:105. [↑](#footnote-ref-2)
3. Citation: Broyles, Craig C. Psalms. New International Biblical Commentary. Peabody, MA: Hendrickson Publishers, 1999, 485-486. [↑](#footnote-ref-3)
4. VanGemeren, Willem A. Psalms, 875. [↑](#footnote-ref-4)
5. Broyles, Craig C. Psalms, 492. [↑](#footnote-ref-5)