



## Soul Food

### Description

I am laid low in the dust; preserve my life according to your word. I recounted my ways and you answered me; teach me your decrees. Let me understand the teaching of your precepts; then I will meditate on your wonders. My soul is weary with sorrow; strengthen me according to your word. (Psalm 119:25-28)

#### **vs. 25 “...preserve my life according to your word.”**

What are we in life, if we do not have the Word to guide us? Where will we go with our questions? Who will bear our burdens? Without the Word we do not even know where our lives began, where they are going, or where they will end. Our souls are but dust on this earth without the breath of God breathing life into us. With Him and His Word we truly have meaning and purpose. The New Living Translation says “...revive me by your word.”

The next time you sit down to read God’s Word look at it as the Bread of Life that feeds your soul. Eat it as if it’s the only thing keeping you alive because honestly without it, you can’t live. God is the One who breathes true life into you. He will revive your soul during those times you think you can’t go another moment in time, He will give you strength for the next step you need to take, and He will be everything you could possibly need on this earth. Beyond that, He is preparing a home for you in glory!

#### **vs. 26 “I recounted my ways and you answered me...”**

It is so important to look back daily at what our behavior has been. Have we reflected God’s ways or the world’s ways? It is so easy to get off track and reflect the things we see going on in this world, but we need to stay on track reflecting the things of God. May our wisdom in God increase, as we desire the things of the Lord. Choose to ask God how you can better reflect His image and the things of His heart.

#### **vs. 27 “Let me understand the teaching of your precepts...”**

The more we dive into who God is, the more we will understand Him. His character is vast. He is faithful, he is merciful, his love is unconditional, He is immutable (He never changes), He is holy, He is righteous, He is ultimate Truth, and so much more. We never truly understand someone until we study their character. Just like we can't understand a human being or be good friends with them until we spend time with them, so also it is the same with God. Learn to enjoy God through His Word and all of His characteristics

**vs. 28 "...strengthen me according to your word."**

As human beings we are bound to run out of strength. We are incapable of being strong all the time! Only God has a limitless supply of strength. He is the One to go to when things cause us to be weak. He is the One who will be strong through our weakness. He shared this with Paul in 2 Corinthians 12:9, But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." God will never run out of strength when it comes to you and I. He is waiting for you to run to Him and say, "Daddy, I need You, I need Your strength." He will never turn you down. He will always be waiting to pour strength into your life. Read His Word and find the strength He offers You each and every day!

Lord, I pray that Your Word will continue to be what gives me wisdom and guidance. May I lean on You for my strength and depend on You when things don't make sense! I know You will always be faithful because that is who You are! Please help me to keep my eyes focused on You and not on this world, as this world will fade away and all that will be left is You. My hope is in You my Lord, my God, my EVERYTHING!

May all my wisdom come from You!

**Category**

1. Wisdom for Life

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**Author**

thepricelessjourney