

**TITLE AND NUMBER:** 18. God our Rock and Redeemer

**REFERENCE AND KEY VERSE(S):** Psalm 19



May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer (v14)

**LOOKING FURTHER:** Luke 6:46-49 (wise and foolish builders); James 3 (taming the tongue)

### What does this Bible passage tell us?

The psalmist describes God as his Rock, and Jesus told a story about wise and foolish builders. One built without foundations and one on foundations of rock. When the storm came, only the house built with deep foundations on the rock remained.

The point Jesus makes is to listen to His words and put them into practice.

So how do we do this? Meditation is thinking deeply, spending time reading the Bible and in prayer, and letting the words stay with us. Try listening to the words of the Daily Hope services (see next page).

These things will lead us into deeper faith, knowing that we are loved by God and saved (redeemed) by Jesus and drawn back into a relationship with God.

And then, we will learn to love God and to love others.

What is in our hearts is reflected in the words which come out of our mouths. I love it when someone says words of encouragement, hope or concern. These words are pleasing in God's sight.

Sometimes this is really hard. James in his letter says that: "We all stumble in many ways... out of the same mouth come praising and cursing, this should not be."

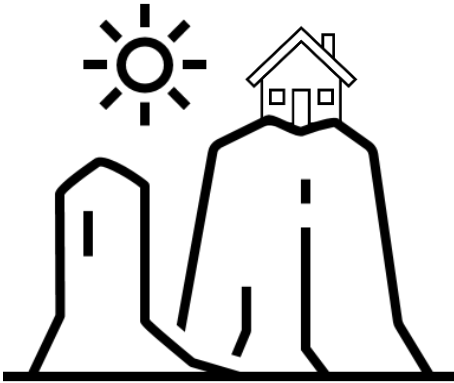
The good news is that **we have help!** Help from the Holy Spirit who gives us the gift of self-control. All we need to do is to pray and ask God to help us.

### Reflections:

- The psalmist described God as his Rock and his Redeemer. What does this mean to you?
- Would you describe God in a different way?
- How easy do you find it to spend time reading the Bible and in prayer? If you're finding it hard, start with a few minutes each day.
- Has anyone encouraged you this week with what they have said?
- Is there someone that you could encourage?



Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

