



We Swim for Jesus!

“I have thought much about your Words and stored them in my heart so that they would hold me back from sin.” Psalm 119:11

Bible Verse for Week #2

Life Application notes

1. The Bible is God’s inspired Word. Written over many centuries, God guided the writers to record just what He wanted to say. The Bible is our **guidebook** (telling us how to live), our **textbook** (teaching us what to believe), our **spotlight** (showing us what God is like), and our **shield** (protecting us from sin). God has an important message for you – read it and obey it (see 2 Tim. 3:16). Psalm 119:11
2. Storing or hiding God’s words in our hearts involves studying, memorizing, and meditating on the Bible. Do you have a regular time in your schedule for studying God’s word? Take time to read the Bible, discover God’s timeless truths, and determine to obey what God teaches you.
3. “Sin” is not just doing something wrong – it is an insult and an action against God. Sin, therefore, cannot be covered or absolved by changing behavior, making a resolution, or turning over a new leaf – it must be confessed and forgiven (see 1 John 1:9). The best way, of course, is to stay away from sin in the first place, and that’s what God’s Word helps us to do.
4. God’s Word can keep us from sin in several ways: 1. As we read, the Holy Spirit points out areas in our lives that don’t measure up to God’s standards. With a sensitive conscience, we confess those sins and determine to change our ways. 2. As we study, we discover God’s timeless truths. We apply these truths to our lives doing what we know God wants us to do. 3. God calls certain verses to mind in tempting situations. 4. We read how Jesus lived, and we follow His example.
5. Storing God’s Word in our hearts and minds is a deterrent to sin. This alone should inspire us to want to memorize Scripture. But memorization alone will not keep us from doing what is wrong; we must also do what God’s Word says.
6. Clearly, the writer of this psalm wanted to please God; thus he wanted to stay away from sin. Would that be on your list of desires? Ask God to help you want to do what is right. (See Phil. 2:13 for more on how God changes our desires.)

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“Love one another. As I have loved you, so you must love one another. John 13:34

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