



Psalm 119:25-32 “Revive Me”

Intro:

This section of Psalm 119 begins with the cry, “*I lie in the dust,*” and soon after, “*I weep with sorrow*” making one thing is clear—the psalmist is in deep grief and crippling sorrow. Yet right from the start he recognizes two vital truths: 1) *Only God can bring revival to his soul.* 2) *God’s Word is the vessel through which He does it.* This week we’ll see **one truth to know**, **three things to cry out for**, and **three decisions to make** when we walk through seasons of sorrow.

V.25

“*I lie in the dust; **revive me by your word.**”*

1 Thing to Know: **ONLY THE WORD OF GOD HAS THE POWER TO GIVE AND SUSTAIN LIFE.**

From the beginning, God has chosen His Word as the agent of life and renewal (Gen 1:3, 6-24; Heb 11:3; Ps 33:6-9). Through His Word He not only spoke life into existence but continues to sustain it. Once we are in Christ, that same Word nourishes and upholds our spirit.

- “Then the Lord God **formed** the man from the dust of the ground. **He breathed the breath of life into the man’s nostrils,** and the man became a **living person.**” Genesis 2:7 NLT
- “**All Scripture is breathed out by God** and profitable for *teaching, for reproof, for correction, and for training in righteousness,*” 2 Timothy 3:16 ESV
- “Remember how the Lord your God led you through the wilderness for these forty years, humbling you and testing you to prove your character, and to find out whether or not you would obey his commands. Yes, *he humbled you by letting you go hungry and then feeding you with manna,* a food previously unknown to you and your ancestors. **He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord.**” 8:2-3 NLT

If David wrote this psalm—as many believe—he knew sorrow well: hunted by Saul, betrayed by his own family, grieving over lost children, yet he also came to know and truly experience that **revival comes only from God, and God revives through His Word.**

V.26-27

“*I told you my plans, and you answered. Now **teach me your decrees.** **Help me understand the meaning of your commandments,** and *I will meditate on your wonderful deeds.*”*

3 Things to Cry Out For:

1. **Teach Me and Help Me Understand**

The Hebrew phrase literally reads, “*I recounted to you my ways,*” carrying a confessional tone—“*I laid open my life before You.*” Learning and understanding begin with confession: acknowledging our need and opening the door of our hearts to God’s healing Word. The psalmist then adds, “*I will meditate on your wonderful deeds.*” Meditation on God’s Word redirects the mind from guilt and despair toward His faithfulness. God provides the teaching and understanding, yet we must still meditate on His truth.

V.28-29

“*I weep with sorrow; **encourage me by your word.** **Keep me from lying to myself; give me the privilege of knowing your instructions.**”*

2. **Encourage me**

What we truly need in grief is not shallow comfort but an **eternal perspective.** The Word of God lifts our eyes to Christ—the only One whose words give eternal life (John 6:68). When we fix our gaze on our sovereign, compassionate Savior (Heb 12:1-12), we find the encouragement that endures.

3. **KEEP ME FROM LYING TO MYSELF**

Do not believe the lie that anything other than Christ can truly heal the heart. The world will offer endless substitutes but none can reach the depths of the human soul. Physical remedies are good at times and can bring relief to the body, but only the living Word of God can discern, expose, and renew what lies beneath the surface. The Spirit uses Scripture to cut through deception, heal what’s broken, and restore us to truth and wholeness in Christ. Don’t be deceived by the enemy into spending your whole life searching for superficial solutions when what you truly need is the living active powerful Word of God.

- **“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.” Hebrews 4:12 ESV

V.30-32

“I have chosen to be faithful; I have determined to live by your regulations. I cling to your laws. Lord, don’t let me be put to shame! I will pursue your commands, for you expand my understanding.”

3 Decisions to Make:

- **“Because the Sovereign Lord helps me,** I will not be disgraced. **Therefore, I have set my face like a stone, determined to do his will.** And I know that I will not be put to shame.” Isaiah 50:7 NLT

1. **Choose to be faithful**

In Christ, you are no longer obligated to obey the flesh (Rom 8:12-13). Through the Spirit, we must determine ourselves to walk in obedience, choosing to follow Christ and keep our lives anchored in His Word each day,

2. **CLING to His Word**

To *cling* means “to stick closely.” Let Scripture stick to your heart, mind, and routine until it shapes your desires and decisions. When we go through difficult moments our lives we tend to cling to something or someone as our life saver, that needs to be the Word of God. It’s good and right to seek counsel, medicine, or rest when needed—but never let those replace the Word as your lifeline. Only Scripture sustains the soul.

3. **PURSUE His Word**

The passage begins with the psalmist **lying on the ground**, defeat and paralyzed by sorrow, yet ends with him **pursuing God’s commands**—a journey from despair to determination. The phrase *“you expand my understanding”* translates literally, *“you enlarge my heart.”* This shows the psalmist rising from sorrow, strengthened by God’s grace. His heart—once constricted and confined by pain—is freed and renewed with hope and determination to follow God. To pursue God’s Word means to keep walking toward Him even while wounded. Pain and grief are real, yet as believers we are to mourn differently from the world (1 Thess 4:13). We do not let sorrow define us; we let God’s truth refine us. His Word revives, heals, and purifies as we follow Christ through the valley.

Conclusion and Main Idea:

When you go through seasons of deep grief and sorrow, remember your Savior who bore your sin, sorrows, and grief on the cross. Remember the Word who became flesh to carry your weakness and to give you life. Don’t remain on the ground—let His Word be your source of strength and revival. Let it lift you, sustain you, and propel you to pursue your eternal purpose in Christ, even in the midst of great pain and sorrow. When you lie in the dust don’t lie to yourself, only the Word of God has the power to truly revive you and free your heart from sorrow and fill it with the joy of your salvation!

Memory Verse:

“I lie in the dust; revive me by your word.” Psalm 119:25

