



Psalm 119:49-56 “You Promise, My Hope”

Intro:

This portion of Psalm 119 brings together so many of the themes we’ve already encountered. The psalmist is still walking through hardship. He still feels the pressure and noise of those who reject God, yet in the middle of all of it, he chooses to stay rooted in God’s Word. He leans into Scripture, not away from it, and **he holds onto God’s promises as his anchor** in the midst of trials and tribulations. And what we see here is a beautiful pattern: the promises of God strengthen the psalmist, and the psalmist strengthens his grip on those promises through meditating on God’s Word, reflecting on His character, and obeying His Word. So this week, we’re going to look first at **the promises God has given us**, and second at **the practices that help us cling to those promises** when trials press in.

V.49-50

“Remember your **promise** to me; **it is my only hope**. **Your promise** revives me; **it comforts me in all my troubles**.”

1. **God’s Promise of The Redeemer**

- **Genesis 3:15:** The first promise of a coming Savior who would crush the serpent and defeat sin and death.
- **Isaiah 53:** The suffering Savior who would be crushed and pierced for our sin and rebellion.
- **Zechariah 9:9-11:** The Humble King who would come riding on a donkey to bring peace with God.

2. **God’s Promise of a New Heart**

- **Jeremiah 31:33:** Promise that God Himself would transform our hearts and write His Word on them.
- **Jeremiah 32:38-41:** One collective heart as one people of God. God would put a desire in our hearts to worship Him.
- **Ezekiel 36:24-27:** God would give us a new heart and put His Spirit within us.

3. **God’s Promise of His Presence**

- **Joshua 1:7-9:** God’s promise to lead us and be with us *as we follow His Word*.
- **Isaiah 7:14:** God Himself would come in the form of a man through a virginal birth, Immanuel.
- **Zechariah 2:10-11:** God Himself would go to Jerusalem and live among His people.
- **Mathew 28:20:** Jesus promises to be with His disciples to the end of the age.
- **John 14:15-18:** Promise of the Holy Spirit who will lead us to all truth and never leave us.

4. **God’s Promise of Sustainment and Renewal**

- **Psalm 91:** His faithful promises are our armor of protection, no evil will conquer those who love Him.
- **Isaiah 43:1-4:** We will pass through waters and fire, but they will not consume us—for He is with us.
- **Mathew 11:28-30:** Promise of rest for our souls in Jesus
- **Romans 8:31-39:** Nothing at all can ever separate us from the love of God that is revealed in Christ Jesus.
- **Philippians 1:6:** God will continue His Work in us until it is fully finished when He returns for us.

5. **God’s Promise of Eternal Life**

- **Isaiah 65:17-18:** New heavens and New earth, the new Jerusalem.
- **John 10:27-29:** Jesus gives His sheep eternal life and no one can snatch them from His hands.
- **John 11:24-25:** Jesus is the resurrection and the life.

- **John 14:1-3:** Promise that Jesus is preparing a place for us and that He will return for us and we will always be where He is
- **Revelation 21:3-6:** God’s home is now with His people, no more death or pain.
- **Revelation 22:3-5:** No more curse; God’s glory shines upon us; we reign with Him under His sovereign rule forever.

V.51-56

“*The proud hold me in utter contempt, but I do not turn away from your instructions. I meditate on your age-old regulations; O Lord, they comfort me. I become furious with the wicked, because they reject your instructions. Your decrees have been the theme of my songs* wherever I have lived. **I reflect at night on who you are, O Lord; therefore, I obey your instructions. This is how I spend my life: obeying your commandments.**”

1. **Meditate on God’s Time Tested Regulations:** Something that we easily forget is that God’s Word and His instructions have been time tested. The psalmist calls God’s commands “age-old regulations.” In other words – they have been tested across the generations. When we read Scripture, we are seeing the track record of God’s faithfulness written across centuries. We see Him keep His promises to Abraham, to Moses, to David, to the prophets, to His people in exile, to the disciples, and ultimately in Christ. We must learn to go to scripture and let the testimonies of God’s faithful time tested regulations fill our hearts with Hope and comfort.
2. **Make God’s Truths the Theme of Your Songs:** The psalmist refuses to let the noise of the world become the soundtrack of his soul. He refuses to listen to the mocking and the rejection of God and instead chooses to make God’s promises the theme of his songs. That means he does not rehearse his fears, his anger, or the failures of others. He sings the truth—not because his circumstances feel good, but because God is good. And the truths you preach to yourself will shape the condition of your heart.
3. **Reflect on God’s Character:** The psalmist spends the night remembering who God is. He does not ignore his troubles, but he refuses to let them define his perspective. Instead of letting fear or anxiety consume him at night, he turns his thoughts toward God’s compassion, His faithfulness, His steadfast love, and His sovereignty and He lets that comfort Him. You may not always understand what God is doing, but you can always trust in who God is. You will not always be able to know all He is doing, But you can know His character the more you come to His Word.
4. **Obey God’s instructions:** Our obedience is the evidence that we believe His promises. Instead of spending your energy resisting God’s will, resenting your circumstances, or reacting to the behavior of others, anchor yourself in the Word. Trust what God has said by doing what He commands. Because the more you obey, the more you will see His promises fulfilled in your life—until, by His grace, He brings you safely home.

Conclusion:

“*Those who plant in tears will harvest with shouts of joy. They weep as they go to plant their seed, but they sing as they return with the harvest.*” Psalms 126:5-6 NLT

Like the Psalmist, you may be sowing in tears right now—trusting God’s promises through difficulty, confusion, or grief. But His Word stands forever (Isaiah 40:8) and because He has proven His faithfulness at the cross, you can be certain He will keep every promise He has made. So plant trust in Him even with tears...knowing that by His grace, you will one day return carrying the harvest of that trust with songs of joy.

Memory Verse:

“Remember your promise to me; it is my only hope. Your promise revives me; it comforts me in all my troubles.” Psalms 119:49-50 NLT

