



Psalm 119:65-72 “Beautiful Pain”

Intro:

In this passage, it seems the psalmist is walking through a season of discipline — a season where he is suffering the consequences of ignoring God's Word. Yet rather than becoming bitter or blaming God, he recognizes something crucial: **even God's discipline is an expression of His goodness and mercy.** There will be times in our lives when God lovingly allows us to feel the weight of our choices so that we can realize the importance of listening to His Word, and the question is: **How will we respond?** Will we resist God and grow bitter? Or will we humble ourselves, receive His correction, and grow? In this passage we will observe how the psalmist reacts to discipline and in turn learn how we should react in seasons of discipline.

V.65-68

“You have done many good things for me, Lord, just as you promised. I believe in your commands; now **teach me good judgment and knowledge (discernment).** *I used to wander off until you disciplined me; but now I closely follow your word.*” **“You are good and do only good;** teach me your decrees.”

1. **Recognize That God is Good and Accept the Discipline**

The psalmist begins with a declaration we must never forget: **God is good, and He does only good.** Even when He disciplines us, even when He lifts His hand of protection for a moment and lets us taste the consequences of our sin — He is still good, and HIS MOTIVE IS ALWAYS LOVE. God allows the pain of our choices to wake us up and redirect us and teach us that His ways really are better for us than our sinful desires. When discipline comes, the temptation is to become angry or bitter but we must constantly remind our selves that our God is good so that our heart stays soft and receptive to God's correct and not bitter and hardened.

- “And have you forgotten the encouraging words God spoke **to you as his children?** He said, “My child, **don't make light of the Lord's discipline,** and **don't give up when he corrects you.** *For the Lord disciplines those he loves, and he punishes each one he accepts as his child.*” **As you endure this divine discipline, remember that God is treating you as his own children.** Who ever heard of a child who is never disciplined by its father? *If God doesn't discipline you as he does all of his children, it means that you are illegitimate and are not really his children at all.* Since we respected our earthly fathers who disciplined us, **shouldn't we submit even more to the discipline of the Father of our spirits, and live forever?** For our earthly fathers disciplined us for a few years, *doing the best they knew how.* **But God's discipline is always good for us, so that we might share in his holiness.** No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way. **So take a new grip with your tired hands and strengthen your weak knees. Mark out a straight path for your feet** so that those who are weak and lame will not fall but become strong.” Hebrews 12:5-113 NLT.

When God's Word confront you of your sin, don't make excuses or refuse to listen, or be discouraged and run away. Accept it knowing that it is ALWAYS for your good. So accept it and take a new grip and let the Word of God mark out a straight path for your feet and follow it. **Discipline** ➡ **Holiness/ Right Living** ➡ **Peace**

2. **Seek Wisdom and Discernment In God's Word**

When we suffer the consequences for our sin, one thing is left certain. We are not making the right decisions. It is an indicator that we are listening to our sinful desires and not to God's Word.

Therefore, when we enter a season of discipline, the right response is to return to God’s Word and let it renew our mind. This is the time to learn good judgment — to recognize where we strayed and to commit to choosing differently. When the psalmist prays, “Teach me good judgment and knowledge.” He is saying, “Lord, I don’t want to make those same choices again. I want to learn how to live wisely.” The suffering we experience becomes a reminder of how essential God’s Word is for guiding our lives. We wandered and suffered because we stopped listening. Now is the time to listen again. A season of discipline becomes dangerous only if you waste it. But when you let it drive you back to Scripture — when you let it renew your mind, shape your thinking, redirect your steps — then the pain becomes something beautiful.

*“Trust in the Lord with all your heart; **do not depend on your own understanding.** Seek his will in all you do, and **he will show you which path to take.**” Proverbs 3: 5-6 NLT*

V.69-72

*“Arrogant people smear me with lies, but **in truth I obey your commandments with all my heart.** Their hearts are **dull** and **stupid**, but *I delight in your instructions.* **My suffering was good for me, for it taught me to pay attention to your decrees.** Your instructions are more valuable to me than millions in gold and silver.”*

3. Learn to Delight in and Value God’s Word

Verse 70 in the CSB reads, *“their hearts are hard and insensitive, but I delight in your instruction.”* That contrast is important. When arrogance creeps in and we start believing we know better — our hearts slowly become hard and insensitive. We stop delighting in scripture then stop valuing Scripture, and ultimately we stop listening to scripture. And that’s exactly why we end up in painful seasons: **we stopped delighting in the Word and began delighting in the world.** Yet still we see God’s great mercy — suffering can become a gift. The psalmist says, *“My suffering was good for me...”* because it awakened him. It taught him again to pay attention to God’s Word. Suffering and pain helped him rediscover what truly matters. Through his pain he learned that God’s Word is far more delightful and more valuable than anything this world could offer.

Conclusion and Main Idea:

*“I am not sorry that I sent that severe letter to you, though I was sorry at first, **for I know it was painful to you for a little while.** Now I am glad I sent it, *not because it hurt you, but because the pain caused you to repent and change your ways.* **It was the kind of sorrow God wants his people to have,** so you were not harmed by us in any way. **For the kind of sorrow God wants us to experience leads us away from sin and results in salvation.** *There’s no regret for that kind of sorrow.* But worldly sorrow, which lacks repentance, results in spiritual death.” 2 Corinthians 7:8-10 NLT*

Let the pain of your mistakes lead you to truly value the word of God and everything it teaches. Don’t let that pain be in vain but instead let it turn into something beautiful by leading you to repentance and dependence on the word of God

Memory Verse:

“My suffering was good for me, for it taught me to pay attention to your decrees.” Psalms 119:71 NLT

