



Study Psalm 119 with us in 2024!

I am so excited about our online Bible Study offering for 2024.

I have long loved Psalm 119, but after spending all of 2023 meditating on it, I love it even more!

Over the years I've heard many express that Psalm 119 is intimidating, or overwhelming.

I get it... it is the longest chapter in the Bible, and it can seem daunting to study.

But I've found as I meditate on it verse by verse, section by section, there is such richness there.

So, I do hope you will join us!

Our format will be simple, divided into two-week sections, and we'll provide tools to help you dig into this amazing chapter. You can find out more in the notes below. And you may want to consider gathering others to study with you by forming a Covenant 8 Group.

There are notes about that below as well.

Whichever way you choose to participate, we welcome you with open arms.

It is our joy to encourage you and offer resources as you seek God in His Word!

Sharon Thomas

Simple Format

- Psalm 119 is divided into 22 sections and each one is 8 verses long. We will spend two weeks on each section. See the Calendar of Study below.
- For each two-week section we will follow a simple format which contains 10 days of study plans. We encourage completing one plan per day, which will leave you a 4-day margin in the 2-week timeframe.
- All study communication will take place through our Facebook Page or Instagram (your choice) and our YouTube Channel.

Calendar of Study

- We will start our study with a **1-week Introduction on January 8, 2024.**
- Then, **beginning January 15th**, we will progress in the 2-week format, with each new section beginning on the 1st and 15th of each month.
- Throughout the year, you can **flow through all 22 sections** with us, or **join in as desired** for a 2-week section.
- See the actual **calendar of study** below. Please note, we have given the sections numbers instead of using the Hebrew names.

DATES	VERSES	DATES	VERSES
January 8-14	INTRODUCTION WEEK	July 1-14	SECTION 12 – Verses 89-96
January 15-31	SECTION 1 – Verses 1-8	July 15-31	SECTION 13 – Verses 97-104
February 1-14	SECTION 2 – Verses 9-16	August 1-14	SECTION 14 – Verses 105-112
February 15-29	SECTION 3 – Verses 17-24	August 15-31	SECTION 15 – Verses 113-120
March 1-14	SECTION 4 – Verses 25-32	September 1-14	SECTION 16 – Verses 121-128
March 15-31	SECTION 5 – Verses 33-40	September 15-30	SECTION 17 – Verses 129-136
April 1-14	SECTION 6 – Verses 41-48	October 1-14	SECTION 18 – Verses 137-144
April 15-30	SECTION 7 – Verses 49-56	October 15-31	SECTION 19 – Verses 145-152
May 1-14	SECTION 8 – Verses 57-64	November 1-14	SECTION 20 – Verses 153-160
May 15-31	SECTION 9 – Verses 64-72	November 15-30	SECTION 21 – Verses 161-168
June 1-14	SECTION 10 – Verses 73-80	December 1-14	SECTION 22 – Verses 169-176
June 15-30	SECTION 11 – Verses 81-88	December 15-17	CONCLUSION DAYS

You Will Need

- **Bible**
- **Journal or Notebook**
- **Access to Facebook or Instagram and YouTube.** We encourage you to subscribe to Established Footsteps Ministry on each of these platforms. (Should any of our social media ever be restricted, we will communicate through email, so we also encourage subscribing to our email list. Link at the bottom of website Home page.)
- **Access to the following reference sheets provided by Established Footsteps.** We suggest printing, but if printing is not accessible, save these items to your device so you can quickly reference them there.
 - **Psalm 119 in NASB version.** (This will be provided a few days before Introduction Week begins)
 - Reference sheet titled **Psalm119 Glossary.** (This will be provided a few days before Introduction Week begins)
 - **10 Day Study Plans** (Specific Study Plans for each section will be shared on the first day of each section.)

10 Day Study Plans

- We will follow a **consistent basic plan of study** (see below) for each two-week section of Psalm 119, but a **specific plan** will be posted for each section on the first day of each 2-week study period.
- Each day of study in Psalm 119 should follow the **3M pattern of:**
 - **MEET** – with God through prayer, asking Him to open your eyes to the Truth of His Word.
 - **MEDITATE** – by using the suggested daily study plans.
 - **MEMORIZE** – by giving attention to the verses in that section which you select to memorize.
 - *we will share more about the 3M pattern during the Introduction Week

Day 1	READ
Day 2	COPY
Day 3	MEDITATE ON QUESTIONS
Day 4	MEDITATE ON QUESTIONS
Day 5	MEDITATE ON QUESTIONS
Day 6	MEDITATE ON QUESTIONS
Day 7	MEDITATE ON QUESTIONS
Day 8	WATCH TEACHING VIDEO
Day 9	PRAY SECTION FOR YOURSELF
Day 10	PRAY SECTION FOR OTHERS

Introduction Week

It's All About That Book will begin on **January 8th** and we'll spend that week preparing our minds and hearts to study Psalm 119. It will set us up for a great experience, so if you are planning to do the study, you really need to plan to join us for Introduction Week. If you desire to begin on January 1st, we will also provide some simple suggestions for you to begin getting acquainted with Psalm 119 during the first week of January.

Covenant 8 Group

- **It's All About That Book** is an online individual study offered by Established Footsteps Ministry. However, we encourage you to gather others into a Covenant 8 Group and study together!
- A Covenant 8 Group is a group of 8 people who covenant to gather together and study the 8 verses of each section of Psalm 119. We suggest committing to a three-month period and then reassessing.
- Established Footsteps will provide suggestions about the how to structure the group discussions.
- **If you are interested in forming a Covenant 8 Group**, we encourage you to reach out to us for a copy of an invitation you can extend to others to join in with you. We can also answer any questions you may have.